

UT Beachwalk

# Bike I - Mount/Dismount



## Bike Course Volunteers

Arrive by 7:30 a.m., direct cyclists to mount and dismount bikes at the appropriate spot,

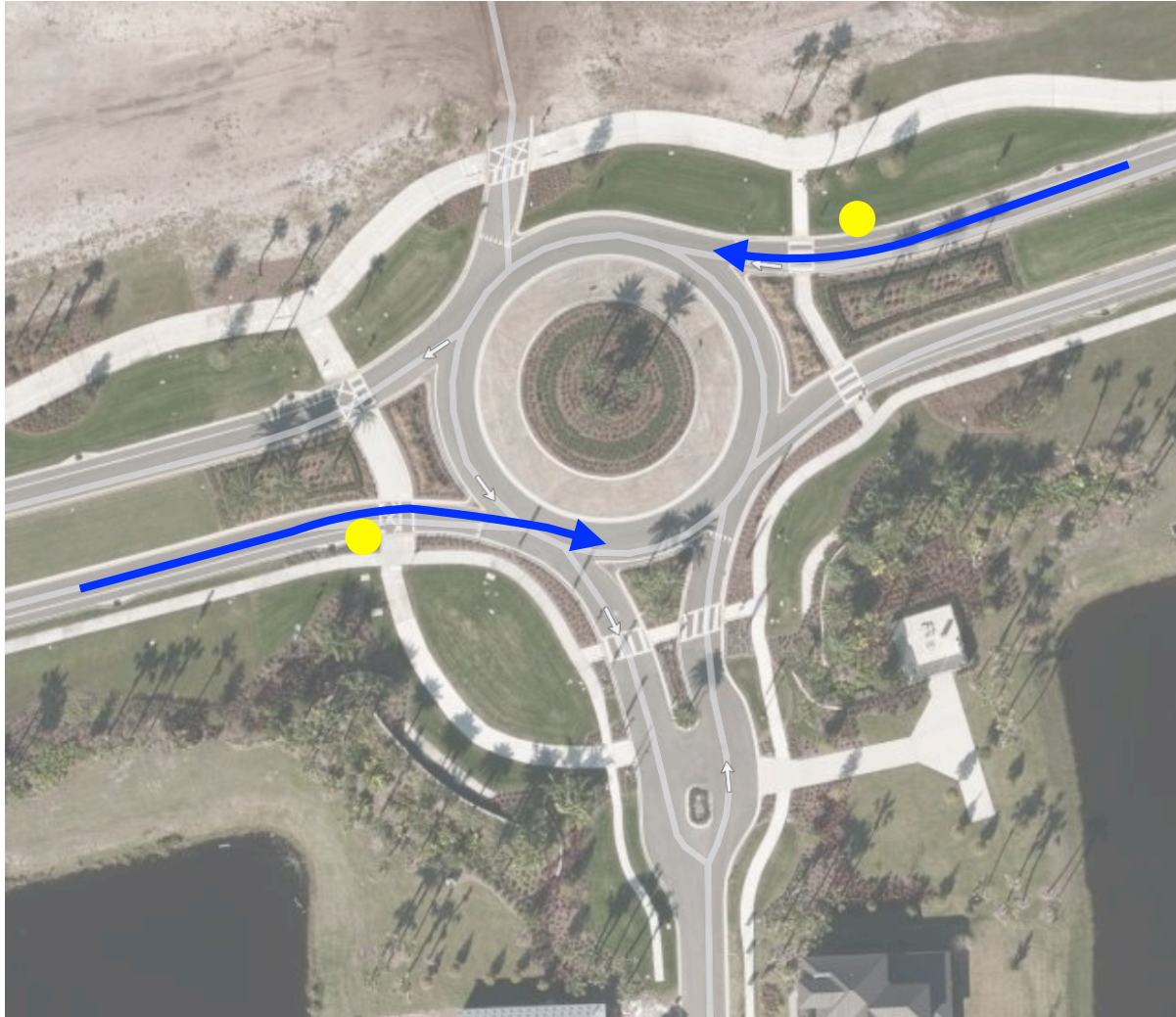
2nd dismount volunteer to warn upcoming dismount and tell cyclists to slow down

Warn cars to slow down because athletes are on the course

## Emergency Response

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Bike 2 - Roundabout



## **Bike Course Volunteers**

Arrive by 7:30 a.m., warn upcoming roundabout and tell cyclists to slow down

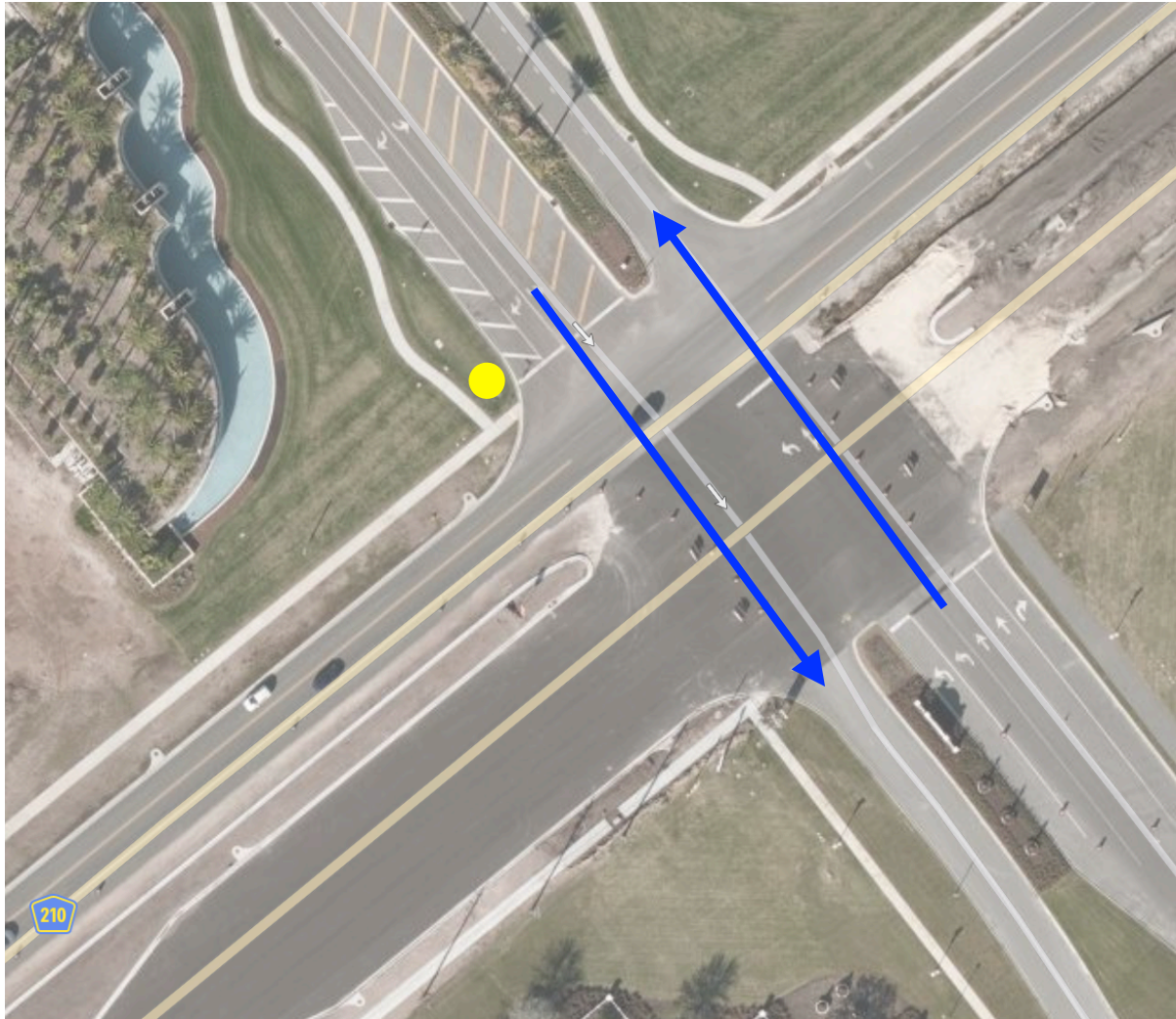
Warn cars to slow down because athletes are on the course

## **Emergency Response**

- In case of a cardiac incident, runner collapse, or other emergency, **FIRST** call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Bike 3 - 210 Crossing



## **Bike Course Volunteers**

Arrive by 7:30 a.m., assist SJSO for bike crossing 210

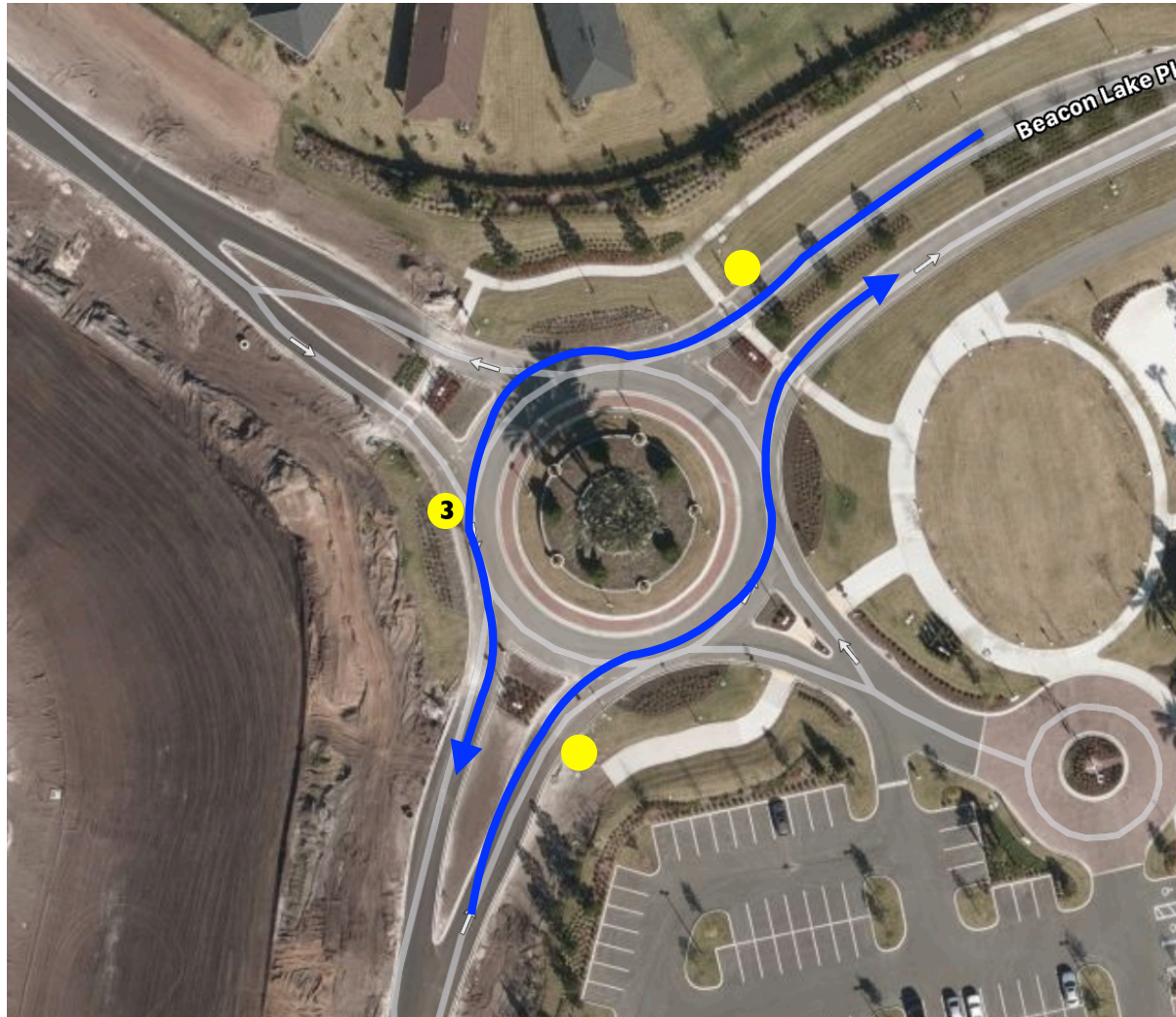
Warn cars to slow down because athletes are on the course

## **Emergency Response**

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
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# Bike 4 - Roundabout



## Bike Course Volunteers

Arrive by 7:30 a.m., warn upcoming roundabout and tell cyclists to slow down

3rd volunteer to help cyclists to stay on the course and assist SJSO

Warn cars to slow down because athletes are on the course

## Emergency Response

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Bike 5 - Turnaround



## Bike Course Volunteers

Arrive by 7:30 a.m., warn cyclists about the turnaround assist SJSO if necessary - - move cone into position

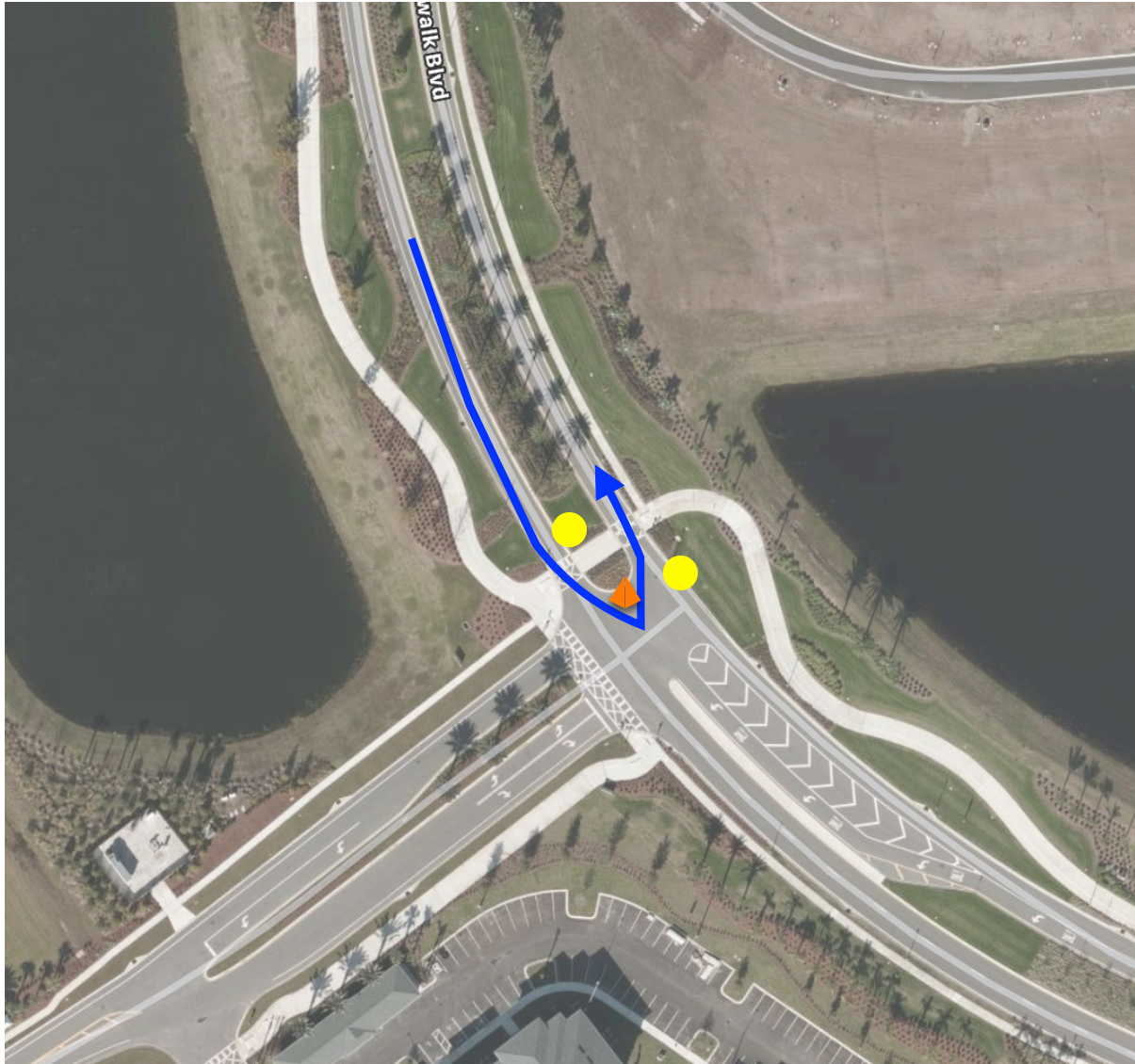
Warn cars to slow down because athletes are on the course

## Emergency Response

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Bike 6 - Turnaround



## **Bike Course Volunteers**

Arrive by 7:30 a.m., warn cyclists about the turnaround assist SJSO if necessary - move cone into position

Warn cars to slow down because athletes are on the course

## **Emergency Response**

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Ultimate Tri - Beachwalk

## Volunteer Assignments

### Bike 1- Mount/Dismount (3 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Bike 2 (2 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Bike 3

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Bike 4 (3 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Bike 5 (2 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 6 (2 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_



# Aid Station #1

## Emergency Response

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

## Water Station – Checklist

- Get adequate rest the night prior
- Wear protective gloves and use cups only once
- Fill cups halfway
- Keep runners away from table
- Do not step out into the runners to distribute water
- Hold the cups from the bottom when dispensing
- Visually inspect roadway for any debris or unsafe condition
- Watch for emergency situations and report – Call 911 for emergencies, call Command Center for all health issues
- Monitor traffic flow and encourage runners to keep moving!
- Use caution when extending cup out and reaching over runners
- Know the surrounding area and medical stations and emergency reporting
- Use caution when removing cups from ground. Have a person to direct runners around person sweeping.
- If near intersection, be alert to pedestrian traffic and cyclists
- Don't splash runners with water unless they ask for it

## Clean Up

- After the last runner, start breakdown – disassemble tables, empty containers and prepare items for pick-up
- Clean up cups off roadway, walk 100 yards in both directions for cup clean up
- Keep bottled water intact – we use it later



# Aid Station #2

## Emergency Response

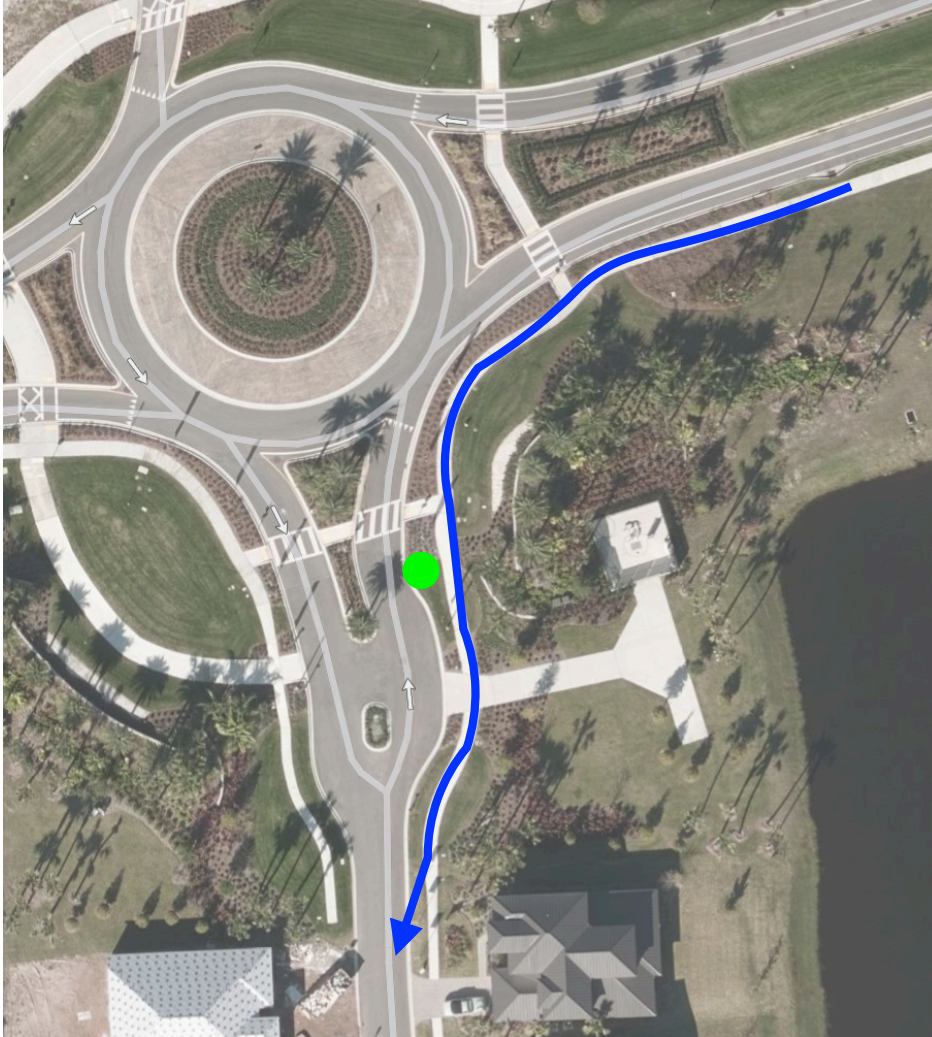
- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

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## Clean Up

- After the last runner, start breakdown – disassemble tables, empty containers and prepare items for pick-up
- Clean up cups off roadway, walk 100 yards in both directions for cup clean up
- Keep bottled water intact – we use it later





# Route I direct runners Left



## **Run Course Volunteers**

Arrive by 7:30 a.m., direct runners to turn left down the sidewalk,

Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

## **Emergency Response**

- In case of a cardiac incident, collapse, or other emergency, **FIRST** call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Route 2 direct runners to the lagoon



## Run Course Volunteers

Arrive by 7:30 a.m., direct runners to the lagoon to finish,

Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Ultimate Tri - Beachwalk

## Volunteer Assignments

### Aid station 1 (2 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Aid station 2 (2 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 1

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 2 (2 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

# Ultimate Tri - Swim

## Volunteer Assignments

### Extraction (2-3 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Hose  
Name \_\_\_\_\_

Phone \_\_\_\_\_

### Swim Course (4 volunteers)

Name \_\_\_\_\_

Phone \_\_\_\_\_