



# Red On Backyard Ultra Athlete Support Staff Guide

Liverpool, Altcar Training Camp | 30th August 2025

## Take Care of Yourself First

The effectiveness of your support depends on your own wellbeing. Fatigue, hunger, dehydration, or poor preparation will reduce your ability to help your athlete. Bring adequate food, water, warm clothing, and shelter for yourself. Look after your own rest and recovery so you can remain calm, positive, and capable throughout the event.

## Race Safety and Emergencies

This race takes place on military grounds. Strict safety measures are in place and must be followed at all times.

In case of a serious medical emergency such as unresponsiveness, severe confusion, chest pain, or collapse:

- Contact race staff immediately
- Follow instructions from on-site medical staff
- The race team will coordinate further action including medical evacuation if necessary

Never attempt to remove your athlete from the race course without informing a marshal.

## Support Crew Access and Movement

Each athlete may have a maximum of two support crew members. They are able to remain in the admin area for the duration of the event.

Movement in and out of camp is only possible at specific times under escort from the Red On Team.

### **Saturday 30th August**

Coming into camp: Pre 0800 with Athlete, or, 10:00, 13:00, 16:00, 19:00 (final access)

Leaving camp: 09:45, 12:45, 15:45, 18:45, 21:00, 23:00, 02:00 (31st Aug), 04:00, 07:00

### **Sunday 31st August**

Coming into camp: 07:15, 11:15, 13:15, 16:15, 19:15 (final access)

Leaving camp: 09:00, 11:00, 13:00, 16:00, 18:00, 20:00, 22:00

### **Monday 1st September**

Coming into camp: 07:15, 11:15, 13:15, 16:15, 19:15 (final access)

Leaving camp: 09:00, 11:00, 13:00, 16:00, 18:00, 20:00, 22:00

Plan ahead, as missing these timings will mean no entry or exit until the next scheduled escort.

## Support Boundaries

Support staff must remain in the athlete village and support areas at all times. No support is permitted once the athlete leaves to begin their 4.167 mile loop.

Athletes must complete each loop entirely on their own. This includes when they pass by the athlete village while on course. No external assistance of any kind is allowed outside the designated support area.

Failure to follow this rule may result in athlete disqualification.

## Your Responsibilities as Support Staff

Your job is to ensure your athlete can focus on moving forward every hour.

Key responsibilities:

- Anticipate their needs before they ask
- Maintain a positive and composed attitude
- Keep transitions smooth and efficient
- Track food intake, hydration, rest, and mental state
- Adapt quickly to changes in weather, mood, and performance

Common mistakes to avoid:

- Overloading the athlete with questions or options
- Assuming they will always tell you what they need
- Neglecting their mental state in favour of only physical needs
- Allowing them to linger too long in the support area

## Athlete Needs and Common Issues

### **Nutrition and Hydration**

- Encourage small, regular food intake
- Ensure they drink consistently with electrolytes, not just water
- Watch for dehydration or overhydration symptoms
- Support them with Myprotein fuel stations available at the start line

### **Decision Fatigue and Mental State**

- Expect reduced decision-making capacity after long hours
- Offer clear, simple choices
- Reinforce their purpose and remind them why they are here
- Monitor for unusual quietness, confusion, or disorientation

## Support and Encouragement

Effective encouragement is short, direct, and positive.

What helps:

- Simple questions such as “Do you want food or drink?”
- Reminders of their training, preparation, and goals
- Staying calm when they are struggling
- Giving space when required, while staying observant

What to avoid:

- Telling them “just one more lap” unless they are genuinely considering withdrawal

- Talking negatively about conditions or other competitors
- Suggesting they quit unless there is clear risk of injury or medical emergency

## Support Area and Gear Management

Each athlete has a dedicated start and support area less than 100m from the start line. This area is your base of operations. Keep it organised, clean, and efficient.

Key tips:

- Prepare nutrition and fluids before they arrive back
- Organise supplies by priority: food, fluids, clothing, emergency items
- Minimise their time in the support area
- Respect the military grounds and remove all waste when leaving

## Transition Checklist

Before every lap, confirm the following with your athlete:

- Have they eaten or drunk recently
- Do they need a change of shoes, socks, or clothing
- What do they need for the next lap
- What is the next key point of focus

## Weather and Course Conditions

The course is contained within Altcar Camp and includes grass, gravel, woodland paths, and uneven ground. Expect dramatic changes in weather: wind, rain, cold, and mud.

Be prepared for:

- Cold nights: layer early and keep dry clothing ready
- Rain: waterproof layers for both athlete and support staff
- Muddy terrain: spare shoes and socks
- Night laps: ensure head torches and batteries are prepared in advance

## Recognising Normal vs Serious Issues

Normal suffering: fatigue, soreness, mood swings, discomfort.

Red flag symptoms requiring medical attention:

- Severe confusion or inability to follow instructions
- Unresponsiveness or collapse
- Extreme shivering, swelling, or persistent vomiting
- Instability or difficulty maintaining balance
- Laboured raspy breathing that is not consistent with normal physical activity

If any occur, notify race staff immediately.

## Key Rules for Withdrawal

If your athlete withdraws, they must:

1. Ring the bell at the start area

2. Inform a race official immediately
3. Return to their support area and check out formally
4. Clear their space and remove all waste

This procedure is vital for safety and accountability.

## Pro Tips for Effective Support

- Plan lap timings with transition efficiency in mind
- Stay ahead by preparing nutrition two to three hours in advance
- Identify mental low points such as late-night hours or milestone distances and prepare motivational strategies
- Keep your own rest schedule so you remain sharp

## Post-Race Support

Once the athlete has finished, either by victory or withdrawal, ensure they:

- Change into warm, dry clothing
- Eat and hydrate gradually
- Rest safely and recover
- Receive constructive support if they withdraw early

## Final Note

This race has no medals for distance and no recognition for second place. Your athlete either completes one more lap than anyone else or they do not. Your support can be the difference between them ringing the bell or standing alone at the finish.

**Red On. No Finish. Last One Standing.**