

Aid Station and Checkpoint Responsibilities for Ultra Trail Race

Overview: Thank you for joining our team as an Aid Station and Checkpoint Volunteer for an exhilarating ultra trail race, ensuring participants receive essential support and encouragement along their journey.

Key Responsibilities:

Racer Tracking

- Each checkpoint and aid station will have 1 volunteer to call out bib numbers and 1 volunteer to record and radio down to our Transition Team and the remainder support the racers.

Participant Support

- Provide timely and enthusiastic support to runners at designated aid stations and checkpoints.

Supplies Management:

- Ensure availability and organization of hydration, nutrition, and medical supplies. Notifying race officials of any need for supplies.

Communication Hub:

- Maintain clear communication with race officials and medical personnel regarding runner status and needs.

Safety Monitoring:

- Monitor runner welfare and assist with any medical emergencies or issues that arise.

Team Collaboration:

- Coordinate with volunteers and fellow coordinators to maintain smooth operations.

Pre-Race Preparation:

- Arrive early to set up the aid station/checkpoint, setting up tables and tents, putting out food, mixing hydration drinks, and any other necessary equipment.
- Attend any pre-race briefings to understand the specific procedures and emergency protocols for your assigned area.

Post-Race Duties:

- Assist with the breakdown and cleanup of the road crossing area after the race is completed.
- Help ensure that all equipment is returned and the area is left in good condition.

Additional Responsibilities:

- Be prepared to adapt to changing conditions or unforeseen circumstances during the event.
- Provide feedback on your experience to help improve future events.

Commitment:

- Required to work during specified hours, including pre-race setup and post-race cleanup.
- Flexibility to adapt to changing schedules or duties as needed.

Race Committee Responsibilities

- **Provide participant lists with bib numbers**
- **Provide Proper Quantities of nutrition and hydration to each checkpoint and aid station**
- **Registration Support:** Volunteers will have access to one or multiple race committee members at all time.