

VOLUNTEER GUIDE

Thank you for volunteering your time at the Wasa Lake Triathlon! We're thrilled to have you part of the Wasa VOLUNTEER CREW.

PLEASE review this guide carefully.

What's happening at Wasa on Sunday

Use the **parking map attached** to park at one of the designated parking lots. The earlier you come, the closer you'll be to the Transition Area – the heart and central area of the triathlon event. Once parked and in the transition area - see the parking map for the location of the transition - the **first thing to do** is to **report to the VOLUNTEER TENT 10 min prior to your reporting time**. You'll receive a volunteer shirt, a name tag, lunch pack with a sub, snacks, coffee for early risers, a draw prize if you're a lucky winner and special gear if needed. Then you'll proceed to your volunteer location & meeting spot for some quick coaching.

Volunteer roles, meeting spot and specific duties

Volunteer ROLE	Report at meeting location	Duties
Parking attendant	5:30am with the Wasa Lions club, Prov Park	Park vehicles in designated spots
Swim course	7:15am Meet Holger at Camper's Boat Launch (no need to go to the Volunteer Tent first)	Monitor swimmers and cheer
Check-in	6:15am Meet Bridget under the event tents	Greet, Body marking, timing chips
Transition Area	7:30am Meet Barb/Scott at volunteer tent	Cheer & direct racers
Bike course	7:45am Meet Malc at south park entrance	Cheer & direct cyclists
Run course	7:45am Meet Dennis at volunteer tent	Cheer & direct runners
Runner Escorts	8:00am Meet Barb at the volunteer tent	Follow top runners with MTN Bike
Water Stations	Various times at specific location	Hand out water & Gatorade & cheer
Foods	8:30am Meet Sharon under the Foods tent	Prep and display food
Wetsuit Strippers	8:00am Meet Charlie at the stripping zone	Pull wetsuits off swimmers

Suggested special items to bring:

Backpack, sun block & hat, bug repellent, rain gear, appropriate layered clothing, re-fillable drink bottle, coffee mug, foldable lawn chair & umbrella for run course marshals if desired, good shoes and a cell phone for emergencies. And your Volunteer Guide!

Event INFO you may need to know

Many of the athletes will be excited and nervous, but unfortunately some will be scrambling and not as well-prepared as a race director would like! Here's some basic info that you may be able to provide when **participants or spectators** ask you for information. They will be very thankful for your knowledge and the fact that getting info was easy! They will boast that "WASA VOLUNTEERS ROCK".

8:00 am Sprint Solos & Teams START: swim 750m (one clockwise loop), bike 20km, run 5km

8:30 am Standard Solos & Teams START: swim 1.5km (1 clockwise loops), bike 40k, run 10k

RACERS and VOLUNTEERS ONLY in Transition - NO spectators under any circumstances.

The Finish Line Food is available for **racers only** to help with their post-race recovery. Volunteers receive a sub lunch, snacks & drinks. Spectators and non-racers are welcome to purchase tickets at the **VOLUNTEER TENT** for the 11:00am-12:45pm **post-race Hot Lunch**.

Parking only take places in the **designated areas** so everyone needs to pay close attention to the instructions received from parking attendants. See parking map for all parking information. There is **absolutely no stopping** in front of the Transition Area on Wasa Lake Park Drive any time after 6am and no parking on most of the residential streets or any grassy areas. If a parking issue is reported to you, please inform the race director or volunteer booth staff ASAP.

BC Parks: There are **NO DOGS** allowed in day-use areas (which is the grass and sand areas). This includes around the transition area & surrounding lawns. There is now a Doggy Beach just south of Camper's beach. BC Parks will be patrolling and issuing fines, a friendly reminder to spectators with pets may be helpful.

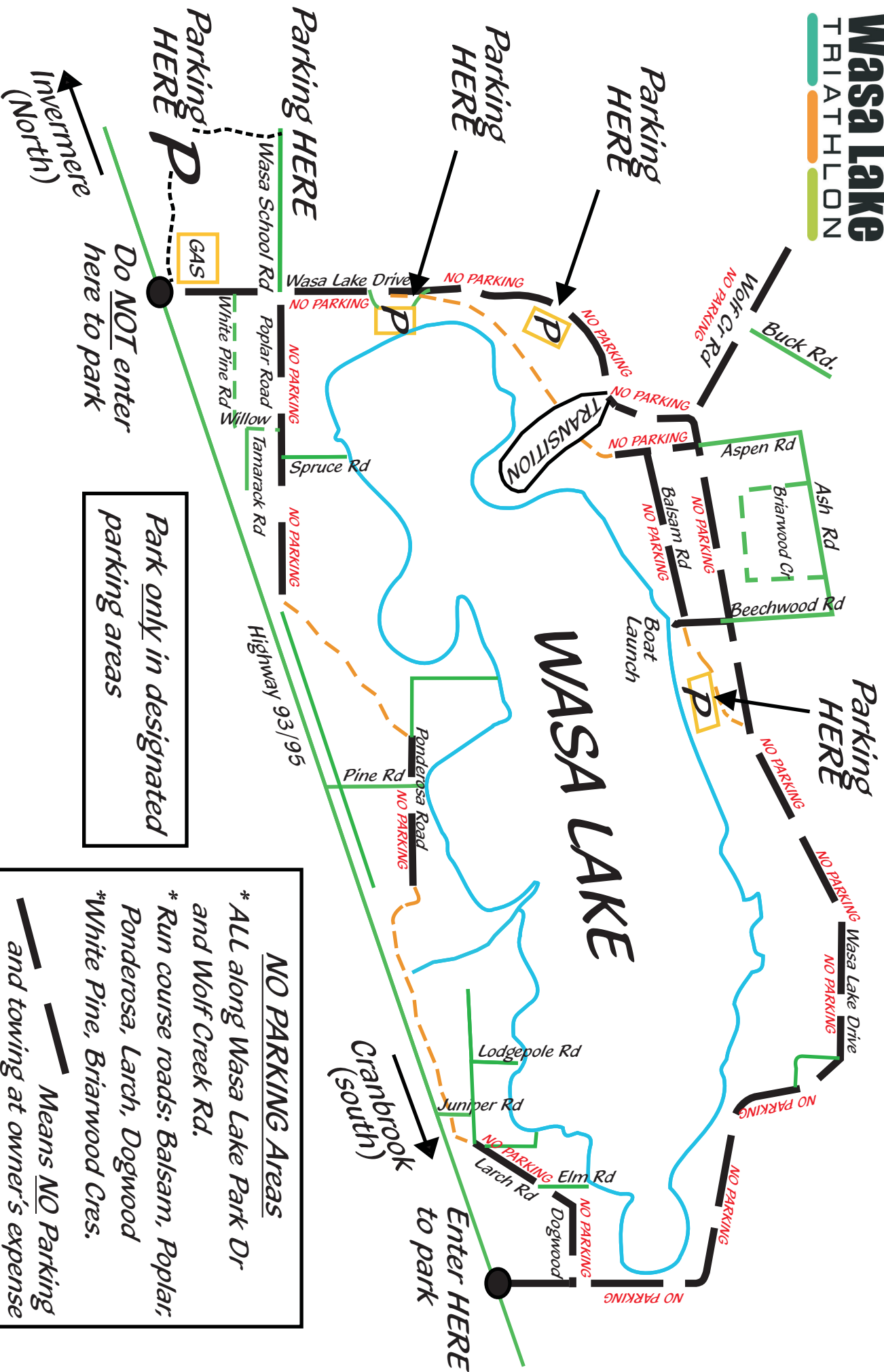
There's an access route to go from the grass area west of transition to the swim beach. It's signed "SPECTATORS BEACH ACCESS" on the hill, keeping the carpet lane for "**SWIMMERS ONLY**".

SAFETY

In the transition area, a medical station will be set up staffed with first aid attendants. All medical issues should be directed to this team by calling 250-919-4703. A Stand-by BC Ambulance will be on site from 8:00am-12:00pm. If a medical situation requires such service, call 250-427-0824 or 911 immediately or the Volunteer Coordinator Chris at # 250-432-9909.



Parking @ Wasa Triathlon



Park only in designated parking areas

NO PARKING Areas

* ALL along Wasa Lake Park Dr and Wolf Creek Rd.

* Run course roads: Balsam, Poplar, Ponderosa, Larch, Dogwood

* White Pine, Briarwood Cres.

————— Means NO Parking and towing at owner's expense