

VOLUNTEER GUIDE

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

PLEASE review this guide carefully.

Wasa Lake Triathlon Weekend 2022

Use the **parking map attached** to park at one of the designated parking lots. Please enter Wasa Park using the NORTH entrance to the Lake.

Once parked, **ALL VOLUNTEERS must check-in and receive their wrist band to enter the venue** (allow 10-15 mins for this). **If you are ill or have any covid like symptoms, please stay home**, if possible, please text or email volunteer coordinator jeffsam@telus.net. After you check in, verify where to meet your area coordinator, see meeting locations below (**do not arrive to meeting or volunteer area without going through check-in first!**). Some of you may receive emails with more specific details regarding your role. At check-in you'll receive a volunteer shirt, a name tag, option to grab snacks/drink, a draw prize if you're a lucky winner and any special gear if needed for your role. Then proceed to your volunteer meeting location for some quick coaching/safety information.

SAFETY NOTE: At check-in there will be masks/gloves for those wanting them, feel free to bring your own mask, it is optional to wear, if you are in an area such as finish line or end up having to reduce the social distancing area, please wear one. Be mindful of youth and children as under 12 may not be vaccinated. We ask you to do your best to social distance and minimize contact with racers unless emergency or necessary. Volunteers should be able to do their role and social distance from participants and other volunteers.

Volunteer roles: FIRST → MANDATORY CHECK-IN prior to reporting to any meeting location or starting any specific duties.

Volunteer ROLE	Report at meeting location	Duties
Parking attendant	5:45am the Wasa Lions club, Parking lot	Park vehicles in designated spots
Swim course	7:15am Meet Holger at Camper's Boat Launch (CHECK-in FIRST)	Monitor swimmers and cheer
Check-in	6:10am Meet Catherine at check in tables after you check-in	Greet, verify ID, Body mark, timing chips
Transition Area	7:30am Meet Scott at meridian crossover in transition	Cheer & direct racers/safety
Bike course	7:45am Meet Malc at south Park entrance (intersection)	Cheer & direct cyclists/safety
Run course	7:20 am Sat Meet Brent/8:45 am Sun meet Brendan at volunteer tent.	Cheer & direct runners/safety/water stations
Runner Escorts	8:20 am for sat/9:20 on Sun Meet Sam at the volunteer tent	Follow top runners with MTN Bike
Water Stations	See Run course info	Fill cups/pick up cups & cheer
Foods	8:30am Meet at Foods tent near Finish line	Prep and display food
Wetsuit Strippers	Cancelled for 2022	
Race Bag Pick-up	3:15 pm meet at Just Liquid Sports in CBK (on day you sign up for Fri/Sat)	Greet registrants/Verify ID/hand out caps/bibs/shirts
Event Set up	9:30 AM in Transition – meet Barb	Unload equipment/set up transition area course areas that lead into transition/Finishline

Suggested items to bring:

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

Event INFO you should know:

Many of the athletes will be excited and nervous, 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".

SATURDAY

8:00 am Sprint Duathlon START: run 5km/ bike 20km/run 2.5km

8:05 am Sprint Triathlon START: swim 750m/bike 20km/run 5km

TRIKIDS 11 am check-in 12:00 START

SUNDAY

8:00 am Standard Aquathon START: 1.5km swim/bike 40km

8:00 am Standard Triathlon Solos & Teams START: swim 1.5km (2 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 snacks/drinks from vol tent. Athlete meal will be served at Wasa Lions Outdoor Kitchen.

Parking only takes 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 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 around the event). 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.

Spectators are not to be gathering or create congestion (please ask to disperse or stick to small groups and remain social distanced from participants) No spectators allowed in Transition for any reason unless they go through check-in and screened (must have a very good reason). If you have any issue with spectators, please call Laurie at Vol table or Barb (race director) or TRIBC official to attend. Signs will be posted in venue 'Racer's only, as well as social distancing signage.

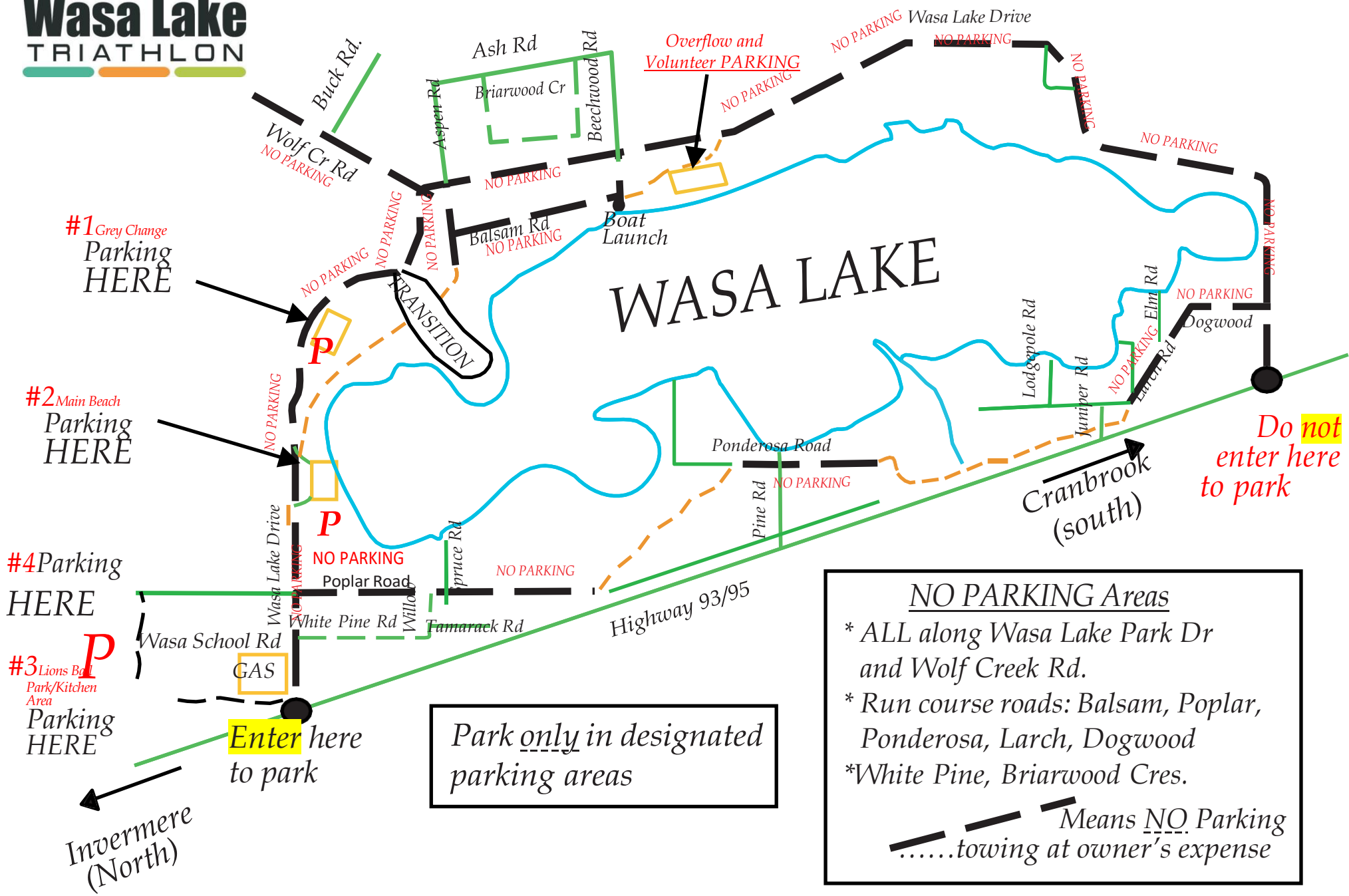
SAFETY (ask for the tele #'s below when you check-in and write them in blank area)

In the transition area, a medical station will be set up and staffed with Search and Rescue first aid attendants. All medical issues should be directed to this team by calling 250 _____. BC Ambulance will not be onsite but will be called for emergencies. Anyone (participant/volunteer) who seems ill or reports symptoms of COVID, please have them mask and report to first aid or call first aid, they will be required to leave venue. For medical situations/emergencies call for First AID, Note: as a volunteer let First Aid respond, do not move injured participant unless immediate threat to their life and you need to or you are a certified first aider. For serious emergency service call 911 immediately and First AID/and then the Volunteer Coordinator Sam at # _____.



Wasa Lake
TRIATHLON

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
.....towing at owner's expense