

VOLUNTEER GUIDE

THANK YOU for volunteering your time, we are thrilled to have you as part of the Wasa VOLUNTEER crew, YOU are the backbone to the success of these events!

PLEASE review this guide carefully.

Wasa Lake Triathlon Weekend 2023

Use the **parking map below** to park at one of the designated parking lots. Please enter Wasa Park using the NORTH entrance to the Lake. Camper's beach is set for those who are just volunteers and not competing, parking attendants will be directing you to a parking lot as outlined in the maps.

Once parked, **ALL VOLUNTEERS must check-in** to the VOLUNTEER TENT at Horseshoe Bay lot (allow 10-15 mins for this). **If you are ill and need to stay home**, if possible, please text or email volunteer coordinator wasavolunteer301@gmail.com. After you check in, verify time/place to meet your area coordinator as some last-minute meeting places may change, 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 from your coordinator.

At check-in you'll receive a volunteer vest, Coffee vendor coupon, name tag, specific gear for your role if need, option to grab snacks/drinks. PLUS we will have **DRAW PRIZES** -> you could be a lucky winner of a free night stay at the LARIX or other great prizes! **Proceed to your volunteer meeting location for some quick coaching/safety information at the confirmed time outlined when you check in!**

SAFETY NOTE: At check-in there will be masks/gloves for those wanting these are 'optional' to wear, if you are in an area such as finish line please use gloves for timing chip removal. Be mindful of personal space of participants especially youth and children, as under 12 may not be vaccinated. We ask you to do your best to minimize contact with racers unless emergency or necessary.

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 Coordinator at Check in tables after you check-in	Greet, verify ID, Body mark, timing chips
Transition Area Bike Security	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 Sam K/ Sunday 8:45 am meet Brendan/Tim 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	7:30 meet Barb at Volunteer tent	
Race Bag Pick-up Friday	3:15 pm meet at Just Liquid Sports in CBK (Saturday volunteers @ Transition at Wasa 3pm)	Greet registrants/Verify ID/hand out caps/bibs/shirts
Event Set up	9:30 AM in Transition – meet Barb	Unload equipment/set up transition/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 cell phone for emergencies. --- And your Volunteer Guide!

Event INFO you should know:

Many participants 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" as usual!

SATURDAY

8:00 am Super Sprint START: swim 300m/ bike 10km/run 3km

8:15 am Sprint Triathlon/Wasa Warriors START: swim 750m/bike 20km/run 5km

TRIKIDS noon check-in 1:00 START

SUNDAY

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

8:00 am Standard Triathlon Solos & Teams and Warriors 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. Wasa Lions Club opening a pancake brunch to anyone at Lions grounds behind gas station \$10/\$8 plate choices.

Parking only takes place in the **designated areas**. 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. Vehicles will be towed.

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 welcome outside of the venue area, NO spectators allowed in Transition for any reason unless they go through check-in for approval (must have a very good reason). If you have any issue with spectators, please inform Sam at Vol table or Barb (race director) or TRIBC official to attend. Signs will be posted in venue 'Racer's only'.

SAFETY (ask for the tele # of your coordinator input 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 your coordinator 250 _____. BC Ambulance will not be onsite but will be called out for emergencies. Anyone (participant/volunteer) who seems ill or needs to leave their role, inform your coordinator before leaving! For medical situations/emergencies request First Aid, Note: as a volunteer let First Aid (SARS) 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 then the Volunteer Coordinator Sam at # _____.



#1 *Grey Change*
Parking
HERE

#1 *Grey Change*
Parking
HERE

#2 *Main Beach*
Parking
HERE

#2 *Main Beach*
Parking
HERE

#4 Parking HERE

#4 Parking HERE

**#3 Lions Ball
Park/Kitchen
Area
Parking
HERE**

**#3 Lions Ball
Park/Kitchen
Area
Parking
HERE**

Enter here
to park

Enter here
to park

Invermere
(North)

Invermere
(North)

*Park only in designated
parking areas*

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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.*

.....towing at owner's expense