

# 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!

Any questions please reach out to [wasavolunteer301@gmail.com](mailto:wasavolunteer301@gmail.com)

**PLEASE review this guide carefully.**

## **Wasa Lake Triathlon Weekend 2025**

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 if you have anyone racing in your vehicle. If you are a vehicle with only volunteers you can enter via the south park entrance and park at campers beach. 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. Please be cautious as all areas will be congested due to the event.

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](mailto:wasavolunteer301@gmail.com) the night before. 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 or shirt, coffee vendor coupon, name tag, specific gear for your role if need, option to grab snacks/drinks. **Proceed to your volunteer meeting location for some quick coaching/safety information at the confirmed time given when you check in.**

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

Volunteer ROLE	Report at meeting location	Duties
<b>Saturday</b> -Event Set up	9:30 am in Transition – meet Barb	Unload equipment/set up transition/course areas that lead into transition/Finish line
<b>Saturday</b> - Race Bag Pick-up Friday	2:00 pm meet at Just Liquid Sports in CBK (Saturday volunteers)	Greet registrants/Verify ID/hand out caps/bibs/shirts
<b>SUNDAY</b> - Parking attendant	5:45 am the Wasa Lions club, Parking lot	Park vehicles in designated spots
Check-in	6:00 am meet Coordinator at Check in tables after you check-in	Greet, verify ID, Body mark, timing chips
Swim course	7:00 am meet Holger at Camper's Boat Launch	Monitor swimmers and cheer

Run course	7:30 am meet at Volunteer tent for Super Sprint. 8:00 am meet at Volunteer tent for Sprint/Standard	Cheer & direct runners/safety/water stations
Transition Area and Bike Security	7:30 am meet Coordinator at meridian crossover in transition	Cheer & direct racers/safety
Wetsuit Strippers	7:30 am meet Barb at Volunteer tent	
Foods + Finish-line	7:45 am meet at Foods tent near Finish line	Prep and display food
Water Stations	Info with run course coordinator	Fill cups/pick up cups & cheer

### VOLUNTEER GUIDE - Wasa Lake Triathlon & Events – Saturday/Sunday June 14/15, 2025

#### **Suggested items to bring:**

Backpack, sun block & hat, bug repellent, rain gear, appropriate clothing, re-fillable drink bottle, if desired, foldable lawn chair & umbrella for (run course marshals encouraged to bring chair), good shoes 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! Please do not offer info on rules or course specifics, they should know this, or they can ask a 'STAFF'.

#### **SUNDAY Race Schedule:**

**7:45 am Super Sprint START:** swim 300m/ bike 7km/run 3km

**8:00 am Sprint Triathlon START:** swim 750m/bike 20km/run 5km

**8:15 am Standard Aquathlon START:** 1.5km swim/bike 40km

**8:15 am Standard Triathlon Solos & Teams START:** swim 1.5km (2 clockwise loops)/ bike 40k/run 10k

**12:00 pm Volunteer for TRIKIDS check in**

**12:20 pm TRIKIDS check-in**

**1:15 pm TRIKIDS START**

**RACERS and VOLUNTEERS ONLY in Transition** - NO spectators.

**The Finish Line Food** is available for **racers only** to help with their post-race recovery. Volunteers receive snacks/drinks from volunteer tent.

**Parking** only takes places 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 which is the only area designated for dogs. BC Parks will be patrolling and issuing fines, a friendly reminder to spectators with pets may be helpful. NO DOGS at race venue.

**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) specifically once transition is declared closed. If you have any issue with spectators, please inform person at Vol table or Barb (race director), Tim in transition or TRIBC official to attend. Signs will be posted in venue 'Racer's only'.

**SAFETY (ask for the tele # of your coordinator input below in blank area when you check-in**

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 \_\_\_\_\_. BC Ambulance will not be on site 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 call your Coordinator.

**THANK YOU FOR VOLUNTEERING - YOUR SUPPORT IS GREATLY APPRECIATED!**

