

Volunteer Job Description

Position:	Aid Station Attendant
Starting Time:	6.30am
Finish Time:	Approx 12 midday
Reports To:	Aid Station Captain
Meeting Point:	Aid Station Location

The purpose of your role:

- ⇒ Provide aid in the form of hydration to the event participants

As an Aid Station Attendant you will be required to carry out the following duties:

- ⇒ Assist in the set up of the aid station.
- ⇒ Fill multiple cups with water and sports drink.
- ⇒ Distribute full cups to participants as they run by the aid station.
- ⇒ Clean up the cups during and after the participants have been through the aid station.
- ⇒ Provide sunscreen to participants.
- ⇒ Wear protective gloves provided to ensure drinks are not contaminated.
- ⇒ Know the location of your aid station in relation to the course so you can accurately answer the question – how much further have I got to go?!

Attributes:

- ⇒ Ability to work well in a team.
- ⇒ Ability to work hard and quickly under pressure.
- ⇒ Ability to think and act quickly and responsibly.
- ⇒ Be an active person – this role involves some manual work such as walking, lifting, bending over and moving quickly.

Thank you for your assistance as a Volunteer for the HBF Run for a Reason!
