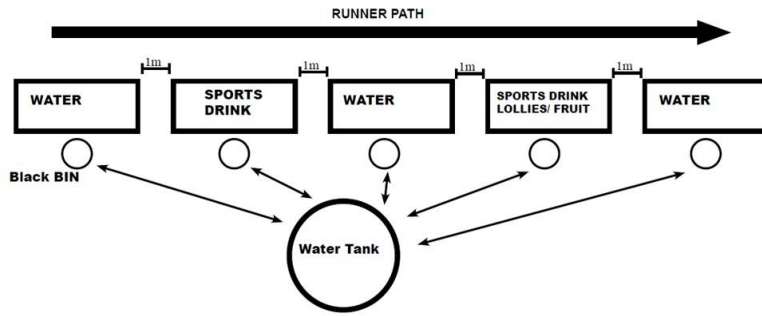


Course Aid/Drink Station Volunteer

Responsible to:	Drink Station managers
Roster:	Sunday 15th October, various start times as per roster until drink station manager advises to pack up.
Sign In:	At your allocated course drink station.
Role:	Assist at your nominated drink station.
Duties:	<ul style="list-style-type: none"> - Meet your drink station manager at your nominated drink station at your specific start time. <p>Drink Station Managers:</p> <ul style="list-style-type: none"> - Each drink station manager will have a 2-way radio and drink station equipment. - Drink station to be set up with all volunteers to be in place by 6:00am. <p>Volunteers:</p> <ul style="list-style-type: none"> - Assist in the set up of the drink station. - Hand out drinks to competitors as they pass by. - Maintain overall cleanliness of the area. - Aid any athletes in need of assistance and refer to St.John's ambulance staff. - Ensure all equipment is packed up and if required brought to storage area.
Notes:	<ul style="list-style-type: none"> - There will be an allocation of plastic trestle tables and a water tank at each station. There will also be yellow Jumbo Bags to be placed onward from the drink stations for participants to place rubbish in. There will be 4-5 Jumbo Bags at any one station. - Create a process in which you assign certain roles for each member to do. Examples of roles include: handing out drinks, filling up cups, keeping course area clean, changing bins once full etc - Once competitor numbers begin to reduce, please begin reducing the size of the station. Once all of the competitors have passed your drink station, please clean drink station area, sweep empty cups into the gutter (these will be picked up by the street sweepers later) and pack up drink station equipment. - Best endeavours will be made to distribute lunch packs to all volunteers on course however due to strict road closures this may not be possible on the day. For this reason we advise all volunteers bring along a substantial snack to get them through their shift.

Refer to second page for Drink Station Set Up information

Diagram of Drink Station set up:



SYSTEM:
SET TABLES - DISTRIBUTE CUPS UNDER EACH TABLE - SET UP SIGNAGE & WASTE SIGNAGE - SET UP JUMBO BINS
FILL - BLACK BINS (60L) AT THE WATER TANK CARRY TO TABLE
USE GLOVES - DIP CUPS or POUR INTO CUPS - FILL TABLE WITH CUPS - USE DIVIDER - FILL NEXT LAYER
MIX SPORTS DRINK PUT 3 X POWDER IN BOTTOM OF EMPTY BIN USE WATER FLOW TO MIX
CLEAN UP - PROGRESSIVELY- SWEEP - RAKE - PUSH CUPS TO GUTTER - USE DIVIDERS

Image of Jumbo Bags/Bins:



Diagram of cup stacking at Drink Stations:

