

# Volunteer Guidelines

Please review the following volunteer guidelines. As Grandma's Marathon race weekend approaches, you will be contacted by your area captain who will provide you with additional instructions.

## General Code of Conduct

- Our volunteers are a reflection of our community. Volunteers should treat athletes, captains, guests, other volunteers, and racecourse neighbors with the utmost courtesy and respect. Please pick up after yourself, keep the noise to a minimum during the early hours, and refrain from using profanity.
- The use of drugs, alcohol, and tobacco are prohibited while volunteering.
- Please check in with your captain upon arrival and when your shift is done. During your shift, follow instructions from your captain. If you need to leave early in the case of an emergency, please let your area captain know.
- When you sign up, you commit to being present for that specific shift(s) during the entire length of that shift(s). If it is the day of your scheduled shift and you find you cannot make it, please be considerate and notify your captain right away.
- Familiarize yourself with the race prior to your shift--some volunteer positions may need to assist answering questions for runners and spectators. You can do this by reading the Grandma's Marathon Weekend Activity Guide <http://grandmamarathon.com/marathon-weekend/schedule/>

## Age Guidelines

- All children must be registered as volunteers.
- For the most enjoyable experience, we encourage that children be at least 14; some jobs allow children 10+, with the supervision of a parent or guardian.
- Groups of children should be supervised by a parent/guardian at an adult to child ratio of 10:1, respectively.

## Attire

- Many volunteer areas require that you stand throughout your shift and work outside in any weather. Please check the weather and dress accordingly. We recommend dressing in layers as the weather along Lake Superior can change quickly and wearing comfortable shoes.
- Volunteers will receive a volunteer t-shirt which should be worn during your entire shift. Volunteers are encouraged to dress up their volunteer outfit with fun accessories as long as it doesn't inhibit volunteering. IE: Straw hula skirts, funky wigs, neon gloves/socks, etc.

# Volunteer Guidelines

## Continued

### Finish Area



- Volunteers at the finish area Gear Bags should be 13 years old or older and should be supervised by a parent/guardian at an adult to child ratio of 10:1, respectively.
- Volunteers working in the finish area will receive credentials which must be worn and visible during your entire shift.
- Finish area setup and teardown require that you are able to lift up to 20 lbs.

### Safety



- Whatever your role on race day, if you see a suspicious person, object or vehicle along or near the racecourse, report the sightings to 9-1-1 or notify law enforcement personnel.
- A secure area for volunteer belongings will not be available; we recommend bringing only necessary items. Grandma's Marathon is not responsible for any items lost or stolen.
- Do not store, hide or leave any personal items, backpacks, packages or clothing along or near the racecourse; including the start and finish line areas.
- Keep a look out for bags or packages that appear to be unattended – if in doubt, please ask your captain.
- Do not store or hold bags or packages for someone you don't know.

### What else should I bring?



- Volunteers are encouraged to bring water, snacks, and a lunch.
- If you need your hours to be counted for school, work, or other organization—you must bring a copy of your program's volunteer tracking sheet for our captains to fill in. Grandma's Marathon will not be providing a tracking sheet for hours or be able to confirm hours after race day. In order to have your hours tracked, you will need to check-in and check-out with your captain to receive official hours volunteered.