



VOLUNTEER INSTRUCTIONS 2015

DUTIES OF MOBILE MARSHALLS

Volunteers: TBA

Duties:

- Ensure that your vehicle has a map; Ensure that your mobile phone is switched on at all times; Before you leave the hut please notify Event Coordinator
- Make sure that one runaround puts up signs for the unmanned checkpoints at Forest (for 12 noon) Llanwenarth and Llwynfranc which is unmanned until 4pm;
- Put up warning signs as instructed by Event Coordinator;
- Collect dropouts who are unable to make their way back to base;
- Take water/refreshments to checkpoints as required; Water is not required at the Crown
- take down signs at Forest/Llanwenarth at end of day;
- Help out in kitchen/check-in between runaround duties.
- Keep a note of your mileage etc so you can claim expenses at end of day.

Equipment required: Vehicle equipped as above.

Health & Safety Issues:

Safe use of electrical equipment if assisting in the kitchen.

Lifting – refilling/carrying water containers.