

## Marshal Briefings

Below are some points which you should include in your race briefings to all stewards/marshals. Head of race sections and/or lead marshals should also brief participants about points specific to their race areas.

### General

- Visibility – all stewards/marshals should wear a hi-vis jacket
- Welfare – how will you provide food/drinks for marshals, when can they get food/drinks; when can they take breaks (post relief/toilet stops)
- Emergency plans – how will marshals contact head of race section/lead marshal; how will marshals summon first aid First Aid
- Race timetable – marshals are asked questions by participants so give them information to answer your FAQ and a race timetable
- Contact sheet – again give all key staff contact numbers to all marshals
- GPS / location position on the course (in the event that the emergency services need to be called in)
- Be loud and clear – keep the instructions clear and audible
- Point – a visual instruction is often better than a verbal one
- Be aware of competitors coming from both directions
- Do not be afraid to take any measure necessary to ensure the safety of individual and other competitors. YOU are in charge, not the competitor.
- If you are aware of a breach of rules, note the number & the suspected breach and advise the appointed Technical Official.
- All incidents and accidents to be reported to race director and appointed Technical Officials. How will they do this?
- Beware of pets, children, prams etc. crossing the course.
- Encourage – if all is well, give them a cheer!!

### Swim

- Be in place well before start
- Make sure people slow down coming out of swim

### Transition

- Ensure all bags are well out of the way
- Beware of people coming from both directions
- Ensure people have helmet on before touching bike and rack bike. Do not hesitate to stand in front of them until their helmet is done up correctly.
- Ensure numbers are clear and on correct
- Clear and bags or belongings out of the path where athletes are running