



Marshal Guide

- Please make sure you wear the 'Bys Vyken' branded yellow or orange high-viz vest throughout the event.
- Please make sure that your mobile device and UHF radio is switched on at all times.
- UHF radio (if required) must always be set to channel 1.
- All crew will receive high-viz, maps, photos and instructions of where they will be and all crew phone numbers given by permission.
- Please do not share the information of others outside of the permitted boundaries (i.e the running event in question)
- Please do not attempt to lift anything above 25KG on your own and think about basic manual handling procedures. Please visit <http://www.hse.gov.uk/toolbox/manual.htm> for tips. Think 'TILE' (task, individual, load, and environment)
- Under no circumstances shall a member of the public outside of the event or a spectator help you to marshal at your point. All marshals are on your list. If they aren't on it then they should not marshal. This is for the safety of all.
- Food at aid stations should be handled with care and contained in the tubs provided. Food station crew should also use hand gel provided and separate the foods according to their dietary properties.
- Please discard all open foods that are left over. We don't like to waste food but we will only have to throw it ourselves. Unused and still packaged food will go to food banks via our local supermarket.
- At ALL aid stations, a member of the crew must text the race directors the numbers of the front runner and the time they came through.
- At ALL aid stations, a member of the crew must pay attention to the last 5 runners and make a note of the numbers coming through once they get towards the back of the pack. This will ensure you catch the back 5.
- Every marshal should phone Race HQ with details of runners who look like they are in trouble or not going to make cut offs.
- Please contact us and the medical team upon emergency incident.
- Marshals should brief themselves on the event's schedule by reading the pre event information/guidebook.
- Fun and fancy dress always encouraged. Telling people it's "all downhill from here" and "only a Parkrun to go" isn't. LOL
- You have the power to stop and pull people from the event in the event they give you verbal or physical abuse. Also if they are seen to be littering.
- Please make use of the biodegradable bin bags always provided to every marshal.
- Please do an on-location litter pick of your area including looking for signs that are still out. (In your area only).
- Inform race directors of standing down once last runners and last runner marshals have gone through.
- Always return to the race finish after you stand down, unless agreed not to prior to the event start.
- Always make sure you dress for the weather and are fit and able to walk or stand for long periods of time. Be prepared to be asked to carry things to remote stretches of coast.
- Always make sure you cash in your race entries. You've earned it.