

VOLUNTEER ROLE	RESPONSIBILITIES
HYROX JUDGES	<b>Please see judging section for the station requirements and responsibilities. Each station has a Head Judge. Your Head Judge will reach out to you before the event day.</b>
VOLUNTEER CHECK-IN & REGISTRATION	<b>Volunteers are responsible for checking in the volunteers for the event and complete the following:</b> <ol style="list-style-type: none"> <li>1. Check the volunteer of the list.</li> <li>2. Provide a fluorescent vest</li> <li>3. Direct them to their volunteer area using the map.</li> </ol>
ATHLETE REGISTRATION CHECK-IN	<b>Volunteers are responsible for checking in the athlete. The maximum permitted pre-race time for check in is 60MIN. Athletes are not permitted to check in any earlier than this time.</b> The Volunteers at this station need to complete the following: <ol style="list-style-type: none"> <li>1. Check the Athlete off the DIVISION HEAT LIST.</li> <li>2. Have the Athlete sign the Waiver section on the check-in.</li> <li>3. Direct the athlete to bag drop and show them where the body marking and chip Gate Check-In in. Athletes are only permitted to complete gate check 30MIN prior to the HEAT start time.</li> </ol>
TRAFFIC FLOW VOLUNTEER	<b>Volunteers are responsible for assisting with guiding athletes on where to go. They will also assist with the following responsibilities:</b> <ol style="list-style-type: none"> <li>1. Guiding spectators to back gate for entry at Guest Services.</li> <li>2. Showing athletes where to exit race area to cool-down zone.</li> <li>3. Walking athletes towards start line per heat.</li> <li>4. Monitoring stairs to ensure safe entry and exit. Athletes need to stay to the right and behind each other and can only walk.</li> <li>5. Show athletes where to enter their stations and where to exit.</li> <li>6. Might be redirected to assist with other task in registration area.</li> <li>7. Stationed at the Gait Check and walk athletes to the Warm-Up zone.</li> </ol>
UPPER HYDRATION STATION (on track)	<b>Volunteers at this station are responsible for refilling dixie cups with water and GetInSaltd Electrolyte. Responsibilities include:</b> <ol style="list-style-type: none"> <li>1. Refilling cups</li> <li>2. Ensuring athletes do not dump water on themselves.</li> <li>3. Ensuring athletes keep their drink within the hydration zone.</li> <li>4. Mop surrounding area to ensure there are no slipping hazards.</li> </ol>
LOWER HYDRATION STATION (in Gym 1)	<b>Volunteers at this station are responsible for refilling dixie cups with water and GetInSaltd Electrolyte. Responsibilities include:</b> <ol style="list-style-type: none"> <li>1. Refilling cups</li> <li>2. Ensuring athletes do not dump water on themselves.</li> <li>3. Ensuring athletes keep their drink within the hydration zone.</li> <li>4. Mop surrounding area to ensure there are no slipping hazards.</li> </ol>
BAG DROP ATTENDANT	<b>Volunteers in this area are responsible for labelling bags with a peel and stick label with the following identification detail:</b> <ol style="list-style-type: none"> <li>1. Athlete name</li> <li>2. Body Marking number.</li> </ol> The volunteer is responsible to double check the body marking number when the athlete comes back to pick up items. The athlete will have a body marking number on their right arm and right calf.
WARM-UP ZONE ATTENDANT	<b>Volunteers in this area are responsible for ensuring that athletes are staying within the warm-up zone until 6MIN before their heat start time. The volunteer will call up the athletes in the heat.</b>
START LINE RUNNER	<b>Volunteers will be located on the track. They will call all athletes in the heat 6 minutes prior to the start of their heat and safety walk them over to the right hand side of the track in the walk zone for a DJ warm-up and race kick-off at the start line.</b>
STAIR MANAGER	<b>Volunteers at the stairs are responsible for ensuring the athletes stay one behind the other to go up and down the stairs. Athletes need to maintain a walking pace and cannot run up and down the stairs.</b>
MOPPERS/SWEEPER	<b>Volunteer responsible for mopping with a mopping will circulate around the following stations:</b> <ol style="list-style-type: none"> <li>1. Burpee Broadjump</li> <li>2. Walking Lunges</li> <li>3. Sled Pull/Push</li> <li>4. Farmers Carry</li> </ol> The responsibility is to ensure that all sweat and water droplets are cleaned to avoid any slip hazards.
CHIP DROP	<b>Volunteers at this station will collect all chips from athletes as they come out of the finish line walkway. Once the chip is collected the volunteer will give the athlete their finish swag items and direct them to Gym4/5 Cool Down Zone.</b>