



COFFS HARBOUR TRIATHLON CLUB

Volunteer Roles

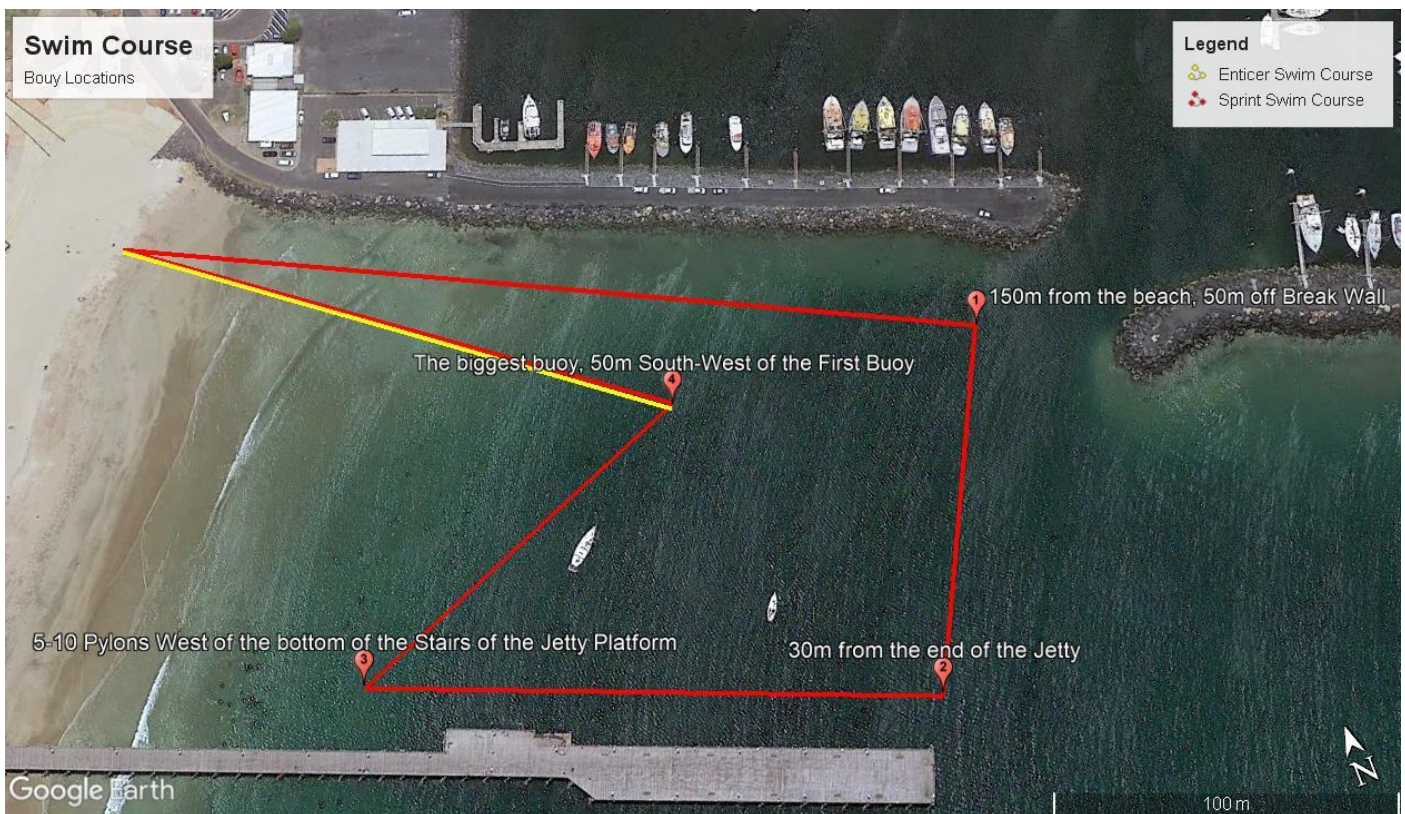
2023-2024 Season

Starter-Lead Volunteer

1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival
3. Transition setup
 - Assist with the setup of the transition area (bike racking, timing tent and equipment)
4. Collect the Coffs Tri mobile phone from the volunteer coordinator and keep it for the duration of the event.
 - This is to be used should there be an emergency. You will be the first point of call should something happen. Call 000 after being noted of an emergency and aid wherever possible.
5. Assist with day race registration as directed by Timing Official: involves distribution of race numbers / chips, advice to day racers.
6. Assist all competitors to pass over the correct mat before the start of the event.
7. Synchronise time with the Timing Official.
8. Discuss the start plan with the Timing Official and Race Director.
9. 5-10 Minutes before the start of the race, make your way to the beach and get set up to start the race:
 - Make your presence known as the race starter
 - Draw a line in the sand
 - If it is a handicap race, racers should be let off as per the handicap program
 - If a mass start, as per the plan
10. Once all competitors have started the race, stay on the beach until the last swimmer exits the water.
11. You will act as the second swim observer from the beach. Should you see a competitor requiring assistance, make it known to the best of your abilities to the nearest swim volunteer who will be out on the water.
12. Once all competitors have completed the swim leg, make your way to the mount-dismount area within the car park and direct returning cyclists to the transition area.
13. Once all competitors have finished, assist with clean-up of the transition area
14. Return the mobile phone to the volunteer coordinator.
15. **Sign off before you leave**

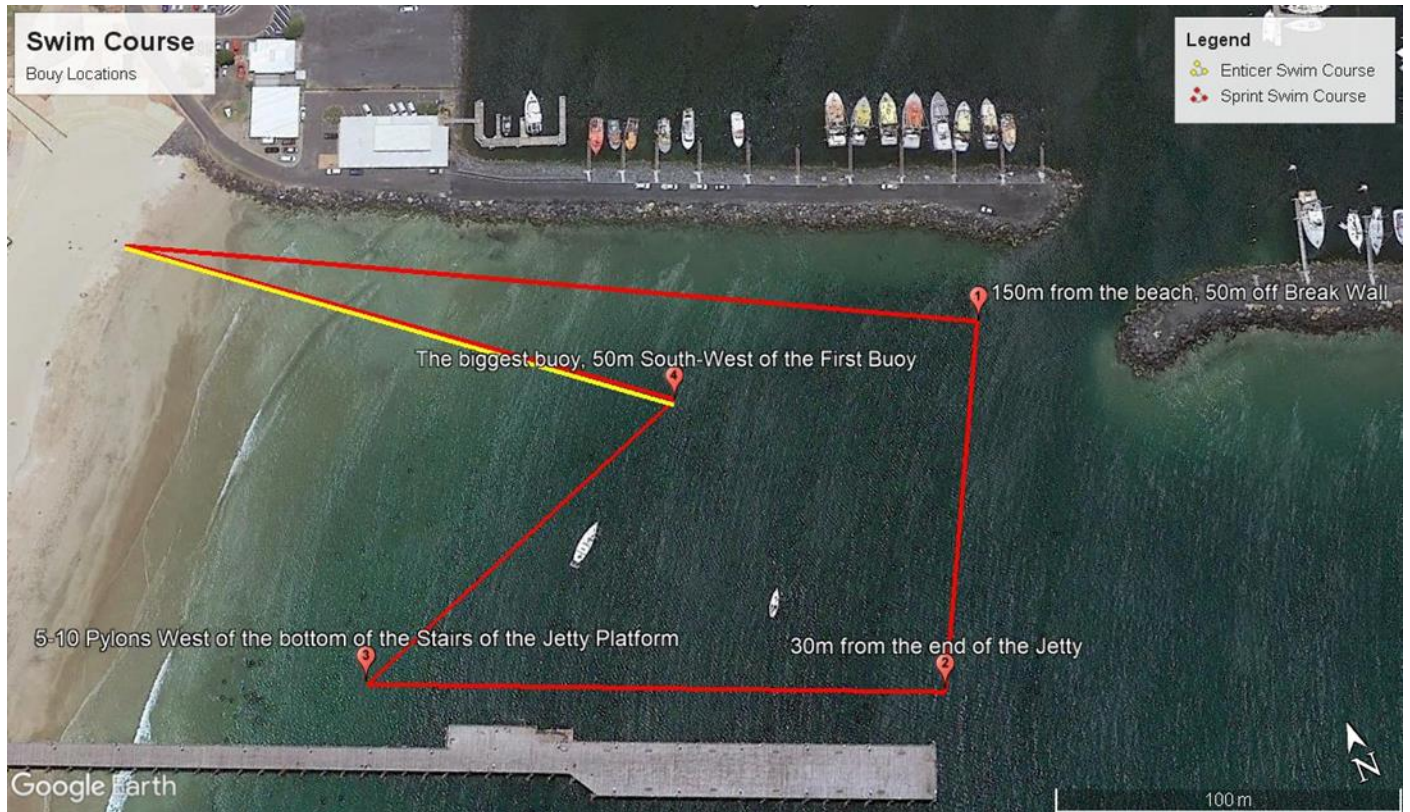
Swim 1 + Run

1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival
3. Ensure you have the Coffs Tri mobile number **0450 558 696** in your personal phone in case of emergency
4. Set up the run leg:
 - As the first swimmer, you will be positioned at the turn around point of the run leg as well as be a swim volunteer.
 - Get all the traffic cones/witches hats used for the run and place them in their respective locations (see image below)
5. Once finished with the run setup, proceed to the beach to take up the position of the first swim volunteer.
6. Swim set up:
 - The other swim volunteers will remove your board and all buoys from the cage. The buoys should be placed in their positions by the other swim volunteers.
 - Your board should be on the beach already. If not, it will be in the cage.
 - If they have not finished by the time you have finished with the cones/witches' hats, then assist them in the swim set up.
 - Buoy positions (image below for reference)
 1. 150m from the water's edge and 50m off the break wall
 2. 30m from the end of the jetty
 3. 5-10 pylons west of the bottom of the stairs on the jetty at low tide (adjust accordingly for tide variations)
 4. The biggest buoy, 50m south-west of the first buoy
7. **Position near the first buoy** and help any competitors on the swim course who are in need of assistance.
8. Once the last swimmer has finished, exit the water.
 - Leave your board outside the transition area to be cleaned and make your way to the run turnaround point.
9. Once the last runner has passed the turnaround point. Start collecting the cones/witches' hats and make your way back to the transition.
10. Help with any other transition related clean-up.
11. **Signoff before you leave.**



Swim 2

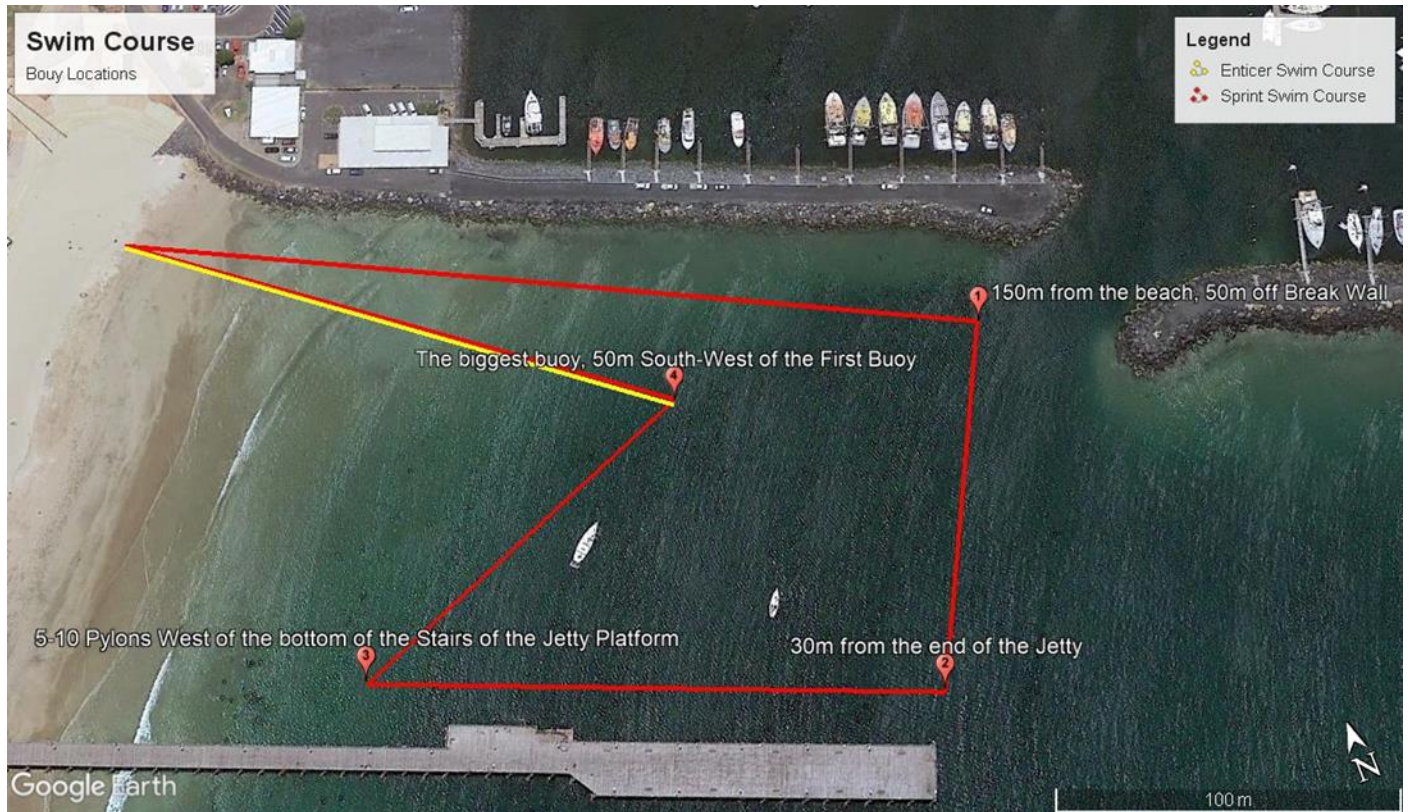
1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival
3. Ensure you have the Coffs Tri mobile number **0450 558 696** in your personal phone in case of emergency
4. Transition setup:
 - Assist with the setup of the transition area (bike racking, timing tent and equipment)
5. Together with the third swim volunteer, remove all the swim leg items and place everything on the beach before proceeding:
 - 3* paddle boards
 - 4* buoys
 - 3* rescue tubes (one to be clipped to each board)
6. You and the third swim volunteer will be placing **ALL buoys** out in the swim leg:
 - Buoy positions (image below for reference)
 1. 150m from the water's edge and 50m off the break wall
 2. 30m from the end of the jetty
 3. 5-10 pylons west of the bottom of the stairs on the jetty at low tide (adjust accordingly for tide variations)
 4. The biggest buoy, 50m south-west of the first buoy
7. Once all buoys have been placed you will **be positioned near the second buoy.**
8. You are expected to help any competitors on the swim course who are in need of assistance.
9. After all the competitors have finished the swim leg.
 - **Bring in ALL the buoys** (together with the third swim volunteer)
 - Place all buoys and boards outside the transition area and rinse them clean of all sand and salt.
 - Once rinsed and dry, place them back in the cage
10. After all competitors have finished, assist with transition clean up
11. **Sign off before you leave**





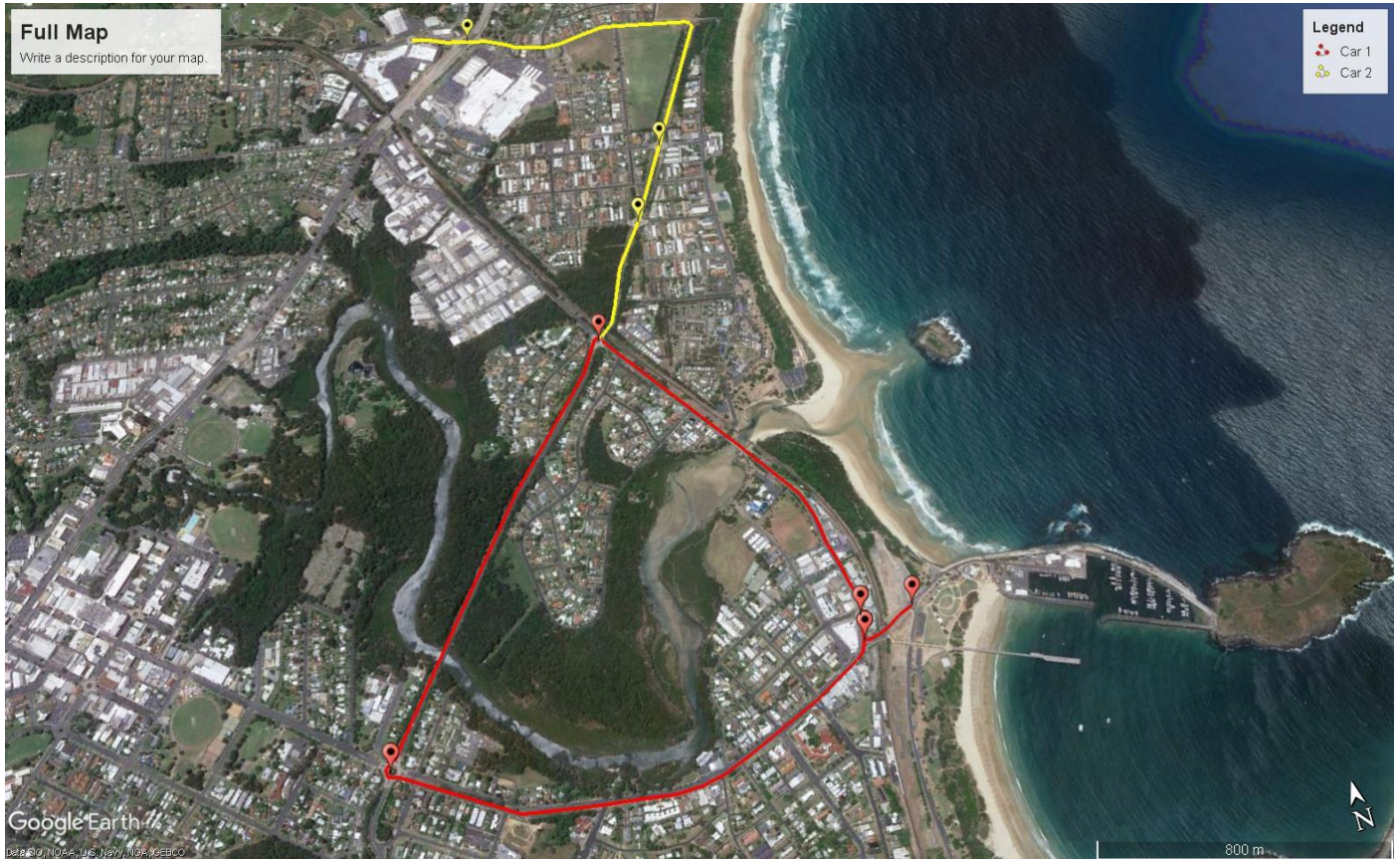
Swim 3

1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival
3. Ensure you have the Coffs Tri Mobile number **0450 558 696** in your personal phone in case of emergency
4. Transition setup:
 - Assist with the setup of the transition area (bike racking, timing tent and equipment)
5. Together with the second swim volunteer, remove all the swim leg items and place everything on the beach before proceeding:
 - 3* paddle boards
 - 4* buoys
 - 3* rescue tubes (one to be clipped to each board)
6. You and the second swim volunteer will be placing **ALL BUOYS** out in the swim leg:
 - Buoy positions (image below for reference)
 1. 150m from the water's edge and 50m off the break wall
 2. 30m from the end of the jetty
 3. 5-10 pylons west of the bottom of the stairs on the jetty at low tide (adjust accordingly for tide variations)
 4. The biggest buoy, 50m south-west of the first buoy
7. Once all buoys have been placed you will be **positioned between the third and fourth buoy.**
8. You are expected to help any competitors on the swim course who are in need of assistance.
9. After all the competitors have finished the swim leg:
 - **Bring in ALL the buoys** (together with the second swim volunteer)
 - Place all buoys and boards outside the transition area and rinse them clean of all sand and salt.
 - Once rinsed and dry, place them back in the cage
10. After all competitors have finished, assist with transition clean up
11. **Sign off before you leave**



Swim Observer-Car 3

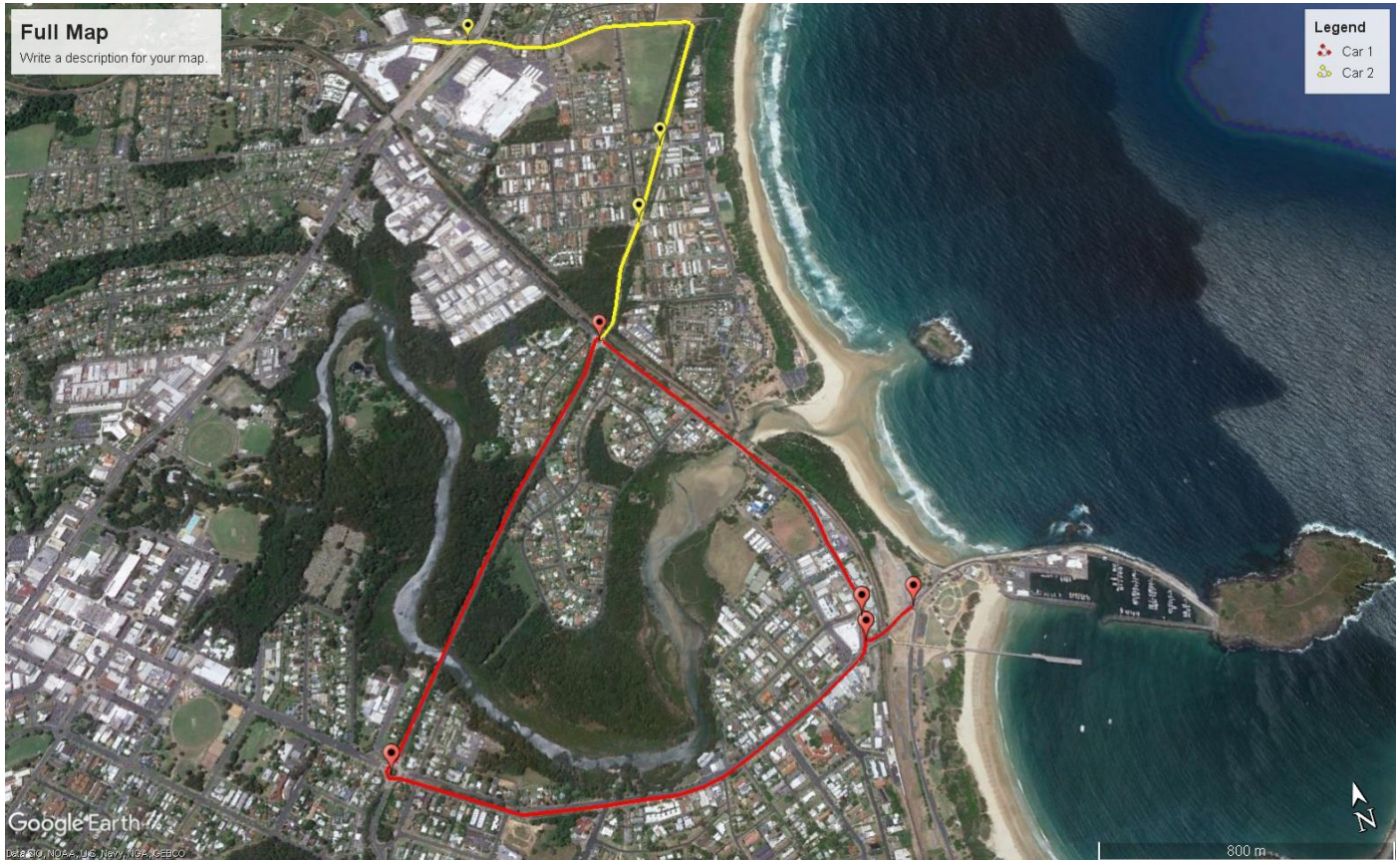
1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival
3. Ensure you have the Coffs Tri Mobile number **0450 558 696** in your personal phone in case of emergency
4. Transition setup:
 - Assist with the setup of the transition area (bike racking, timing tent and equipment)
 - Each bike rack must contain two “A” framed end supports and vertical middle support. Ensure each rack is stable.
 - Timing tent and equipment to be set up as required by the Timing Official.
5. Place the *Cyclist* sign and flashing light on the roof of your vehicle.
6. Collect a first aid kit and place it in your vehicle in case of emergency.
7. Collect the Horn and make your way onto the jetty
8. Observe the swimmers until the last swimmer has exited the water.
9. Thereafter go to your vehicle to act as the third bike leg escort vehicle.
10. You will be traveling the whole bike course (red and yellow sections, See image below)
11. Drive slowly ensuring not to cause any traffic issues
12. Assist cyclists as needed.
13. If there is an emergency and you deem necessary, call 000 then call the lead volunteer so he/she is aware of the situation.
14. Once the last competitor has finished the cycle leg, proceed to perform one last run of the course to ensure all Coffs Tri signage has been removed. If not, stop and assist with the removal of the signs.
15. Return the signs to the cage. Clean the signs if necessary.
16. After all competitors have finished, assist with transition clean up
- 17. Sign off before you leave**





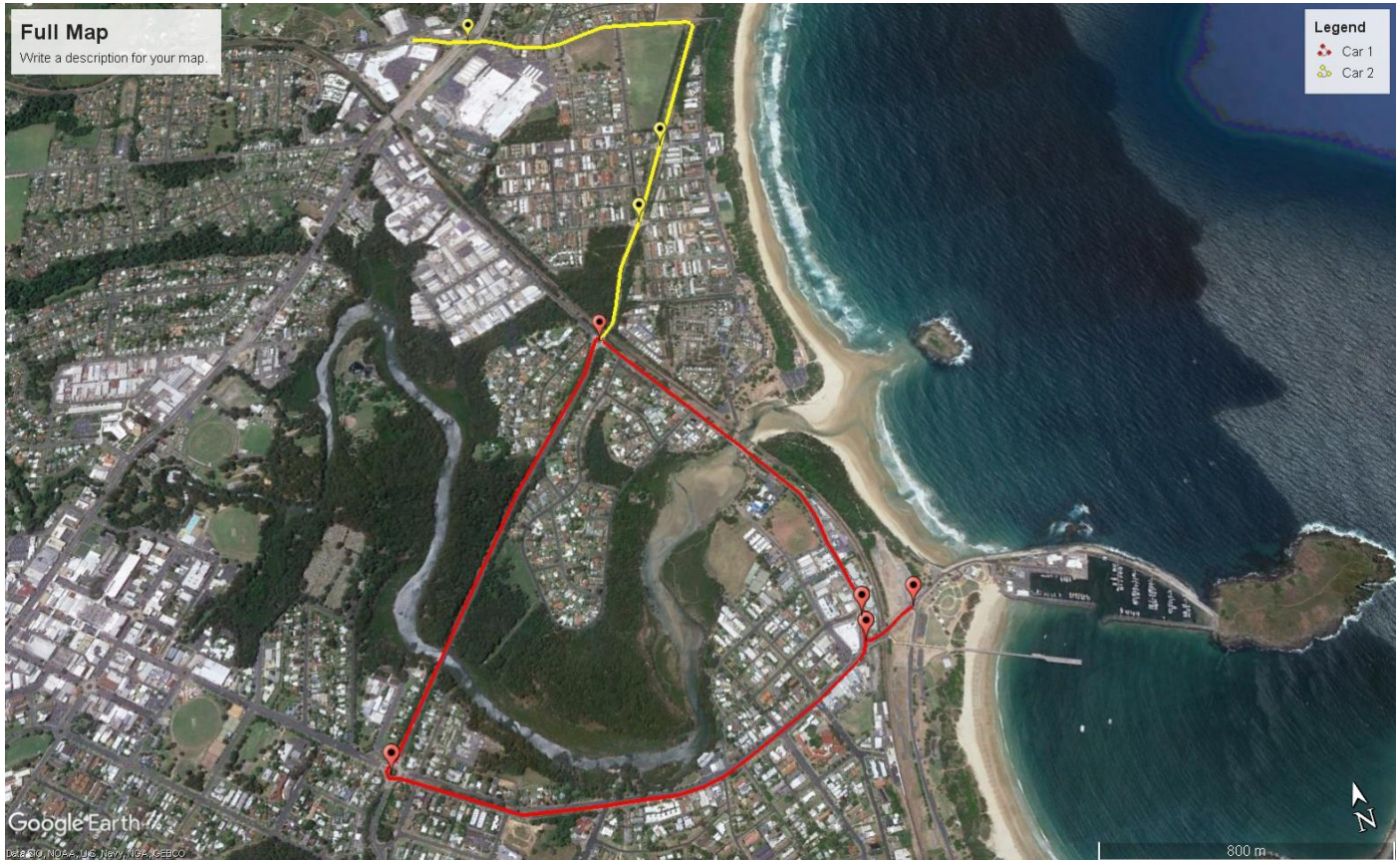
Car 1

1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival
3. Ensure you have the Coffs Tri Mobile number **0450 558 696** in your personal phone in case of emergency
4. Transition setup
 - Assist with the setup of the transition area (bike racking, timing tent and equipment)
5. Place the *Caution Cyclist* sign and flashing light on the roof of your vehicle
6. Collect a first aid kit and place it in your vehicle in case of emergency.
7. You will be driving the Harbour Drive-Hongbin Drive-Orlando Street sections of the bike leg.
(See image below highlighted in red)
8. Remove all bike leg signage from the cage together with the second car volunteer.
 - You need 7 bike signs to be placed at the following locations (marked on the image below in red)
 1. 1* Jordan Esplanade- Marina Drive Roundabout (North/South Facing)
 2. 1* Turn into Marina drive from Harbour Drive (North/South Facing)
 3. 2* Harbour drive-Hogbin round about (Southern and Western Entrances)
 4. 2* Hogbin - Orlando round about (Eastern and Western entrances)
 5. 2* Orlando-Collingwood Street roundabout (Eastern and Western entrances)
9. Drive slowly ensuring not to cause any traffic issues
10. Assist cyclists as needed.
11. If there is an emergency and you deem necessary, call 000.
12. Call the lead volunteer after calling 000 to inform them of the incident.
13. Once the last competitor has finished the cycle leg proceed to collect all the signs you put out and return them to the cage. (Clean them if necessary)
14. After all competitors have finished, assist with transition clean up
15. **Sign off before you leave**



Car 2

1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival
3. Ensure you have the Coffs Tri Mobile number **0450 558 696** in your personal phone in case of emergency
4. Transition setup
 - Assist with the setup of the transition area (bike racking, timing tent and equipment)
5. Place the **Caution Cyclist** sign and flashing light on the roof of your vehicle
6. You will be driving the Hogbin-Orlando roundabout to the turnaround point at Mastracolas Road- Gerald Drive roundabout (after the highway underpass at the Home Base Centre) sections of the bike leg.
(See image below highlighted in yellow)
7. Remove all bike leg signage from the cage
 - You need 7 bike signs to be placed at the following locations (market on the image below in yellow)
 1. 1* Marina Drive at the right turn into the car park
 2. 2* Hogbin-Prince St roundabout (Eastern and Western entrances)
 3. 2* Hogbin-Park Beach Rd roundabout (Eastern and Western Entrances)
 4. 2* Arthur-Mastracolas Roundabout under the bypass (Highway off-Ramp entrances)
8. Drive slowly ensuring not to cause any traffic issues
9. Assist cyclists as needed.
10. If there is an emergency and you deem necessary, call 000.
11. Call the lead volunteer after calling 000 to inform them of the incident.
12. Once the last competitor has finished the cycle leg proceed to collect all the signs you put out and return them to the cage (clean them if necessary)
13. After all competitors have finished, assist with transition clean up
- 14. Sign off before you leave**



Bike Mount & Dismount

1. All volunteers to meet at the front of the Yacht Club (transition area) **no later than 5.30am for the pre-race briefing.**
2. Sign the attendance sheet on arrival.
3. Ensure you have the Coffs Tri Mobile number **0450 558 696** in your personal phone in case of emergency.
4. Transition setup
 - Assist with the setup of the transition area (bike racking, timing tent and equipment)
 - Place bike mount and dismount mats over the curb
 - Place bollards in suitable places to direct cyclists from transition towards mount & dismount area.
5. Ensure you collect a high vis vest.
6. At the start of the event, you will be in the position of the bike mount & dismount area. Ensuring you remain visible to vehicles which would be coming in and out of the car park area.
7. Keep cyclists aware of the presence of vehicles.
8. Note! You cannot interfere with traffic unless in extenuating circumstances.
9. Once all cyclists have finished clear up all the mats and bollards which are no longer being used.
10. After all competitors have finished, assist with transition clean up.
- 11. Sign off before you leave.**