

Drink Station Volunteer – Various Locations (Saturday and Sunday)

Location/s:	Each drink station will have an assigned Team Leader. Please make yourself known to them on arrival.
Briefing:	Apollo Bay Surf Life Saving Club (upstairs): Thursday 16 th May at 5:30pm
Sign In:	Report direct to your location
Role:	<p>Assist at your nominated drink station.</p> <ul style="list-style-type: none"> • Meet your drink station Team Leader 15 minutes prior to your allocated start time at your nominated drink station. <p>Drink Station Volunteer Team Leader:</p> <ul style="list-style-type: none"> • Each drink station Team Leader will be in charge of the drink station equipment. • Drink station to be set up with all volunteer members to be in place by their designated start time. • Please read through the Key Contact List within the Volunteer Event Guide so you understand how to make contact with First Aid & Race Information if required. <p>Drink Station Volunteers:</p> <ul style="list-style-type: none"> • Assist in the setup of the drink station. • Hand out drinks to competitors as they pass by. • Maintain overall cleanliness of the area. Assist in clearing all cups & gel packs off the road. • The cups will be collected and taken to be composted. Please do your best to ensure no cross contamination between the waste stream and the cups stream. • Aid any athletes in need of assistance and refer to St John’s ambulance staff. • Should you need to contact the Race Office or First Aid please advise your Team Leader of your query. Please also ensure you have your own fully charged mobile phone & Volunteer Information Card with you on the day/s. • Ensure all equipment is packed up. • Once competitor numbers begin to reduce, please begin reducing the size of the station. Once all of the competitors have passed your drink station, please clean drink station area, pick up empty cups off the road and pack up drink station equipment.

- See image below for example of how Drink Aid Stations are set up

Sports Drink Mixing:

- At your drink station you will be supplied with a quantity of Gatorade sports nutrition drink powder. You will also be supplied with an allocation of clean 60litre rubbish bins in which to prepare the mix & serve it from, a water tank and a hose. **There will be detailed instruction sheets at each drink station for you to follow on the day.**
- To make up the sports nutrition drink; add the powder from the bag/containers provided, according to the ratio detailed on the supplied Information Sheet, to one 60litre rubbish bin and add water direct from the water tank at your station (if you are unsure of the ratio please contact Race Information)
- It is best to position your bin where you wish to serve the sports nutrition drink from BEFORE you fill it with water as you won't be able to move it once it's been filled.
- Please follow the instructions closely on the Information Sheet at your station.

