

DARKNESS TO
Daylight
EVERY STEP COUNTS

Finish Line MORNING Water Station - Volunteer Brief

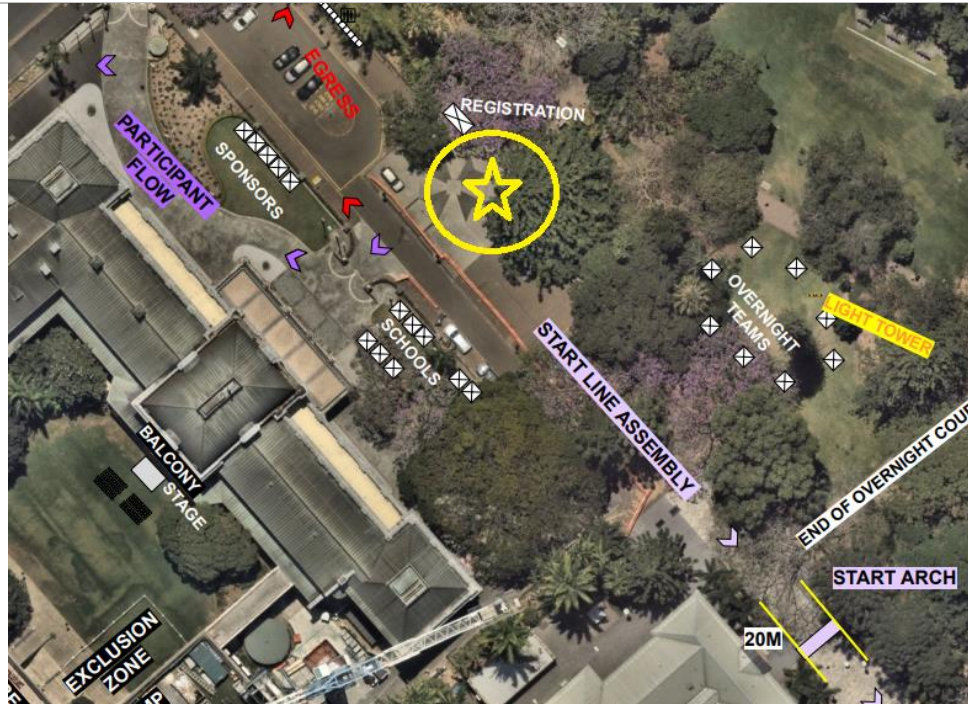
Thank you for volunteering at the 2024 Darkness to Daylight live event. Your contribution will help raise awareness and much needed funds to support our mission to end domestic and family violence in our communities.

It is of the utmost importance that you, the participants and spectators enjoy a safe and fun event. With this in mind, we ask that you take a few minutes to read over the following information.

Shift date	Thursday 30 th May
Volunteer role	Finish Line MORNING Water Station Assistant
Start Time	4:45am Please ensure that you arrive at your position by the above time.
Finish Time (approx.)	7:30am Please ensure you stay in your position until your course supervisor has told you otherwise, and signed you off.
Check in location	Please go straight to your allocated water station, which is outlined in the below images or on the below linked google map also. Click on the Link: https://maps.app.goo.gl/jjsyxDLZZBnh95e9
Working location	Finish Line Water Station (Thursday morning 4:45am – 7:30am) *see map on next page



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If you are unsure of where this is, please email Kaylah before the day on volunteer@emsaustralia.net.au or call **07 3139 0398**. Kaylah's on the day contact is only **0447 176 314**.

What to wear

You are expected to be neat and tidy in dress and grooming at all times. Please wear:

- Darkness to Daylight volunteer t-shirt
- You will be provided with a fluorescent vest before your shift
- Smart casual clothing - neat shorts or jeans
- Comfortable, **closed-in** flat shoes. You will be on your feet the majority of the day
- Bring a jumper or jacket in the case of cooler weather

Inappropriate dress includes: miniskirts, 'short' shorts, shirts with offensive slogans, thongs or sandals

What to bring

- A refillable water bottle
- A snack
- Weather appropriate clothes (umbrella, rain jacket, hat etc.)

At this year's event, there will be a bag drop located on George Street near the help desk tent. In saying this, you might not have access to these bags until the end of your shift, so it is suggested that you pack light and wear your bag throughout the day if you can.

Health & Safety

- Stay home and contact your Volunteer Coordinator if you are unwell or displaying symptoms such as a cough, fever, sore throat, fatigue, shortness of breath, loss of smell or loss of taste, diarrhoea &/or nausea/vomiting
- Hand hygiene is extremely important in reducing the risk of community transmission. Ensure you are washing your hands regularly



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and sanitising with the provided alcohol-based hand rub. If you are in direct contact with participants you will also be required to wear disposable gloves.

Duties

You have been assigned to a Water Station. Duties include setting up drink stations, handing cups out to participants and cleaning up the drink station area after the event

Specific Instructions:

- Ensure you have clean hands; wash them before you start
- Wear latex gloves at all times whilst handling cups and water (these will be provided)
- Set up trestle tables on opposite sides of path
- Put food grade bin liners in bins
- Connect hoses to taps and use to fill bins
- Half fill cups with water and fill tables with the cups
- Provide drinks to participants
- Hand cups to participants if requested
- Have table full of drinks before the participants arrive
- Clean up after participants. Cups may be some 100m in and around the drink station area. Please pick them up and place in the bins provided.

Your water station should be set up in the following way.



Event schedule

Wednesday 29th May

110km – 6:30pm

Thursday 30th May

10km – 5:00am

3km – 5:30am

Event closes – 7:00am



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Volunteer Coordinator	EMS Australia: Pre-Event Volunteer Coordinator: 07 3139 0398 Event Day Volunteer Coordinator: Kaylah Pearce 0447 176 314 Second point of contact: 0460 755 712
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Course safety and emergencies

Medics are available on course and at the Finisher's Village. Please ensure you are familiar with the Emergency Action Plan below:

EMERGENCY ACTION PLAN

In an emergency follow these steps:

1. Survey scene
2. Is the scene safe?
3. Phone for help
Medical Command 0421 003 720
4. Give your location and phone number you are calling from
5. Explain what happened
6. How many people are involved?
7. Nature of injuries/ incident
8. Age of injured
9. Are they conscious?
10. Are they breathing?
11. Are you with them?
12. Stay on the phone until help arrives

For any other issues, incidents or questions please contact Kaylah on 0447 176 314

Frequently Asked Questions

Can I get my race times?

No! Darkness to Daylight is a symbolic event where we walk or run to honour those who are or have been impacted by domestic and family violence. Please use Strava, Mapmyfitness or Fitbit if you wish to record your journey.

Can I run with my dog?

You may have a pet which is under your control, such as a dog on a leash, on the course as the course is on public property. However, only assistance animals may be brought onto the grounds of Parliament House. If you bring a pet, you will need someone to look after the animal if you wish to enter the grounds of Parliament House.

Are prams/strollers allowed?

Prams/strollers are permitted on the course and children under the age of 5 do not need to register but must be accompanied by a registered parent or guardian at all times.

Are bikes or scooters allowed?

With the number of participants expected and for health and safety reasons, no bikes or scooters are allowed on the course.



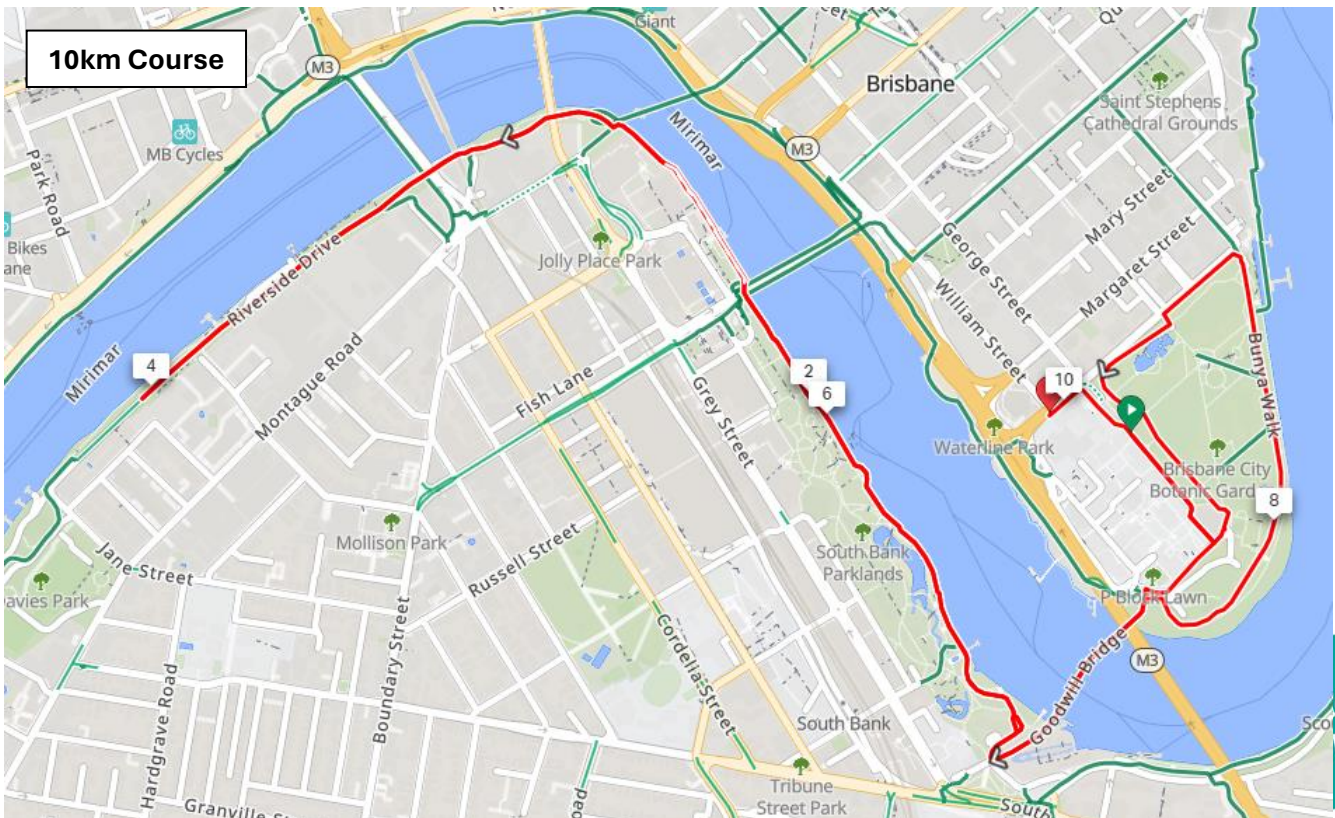
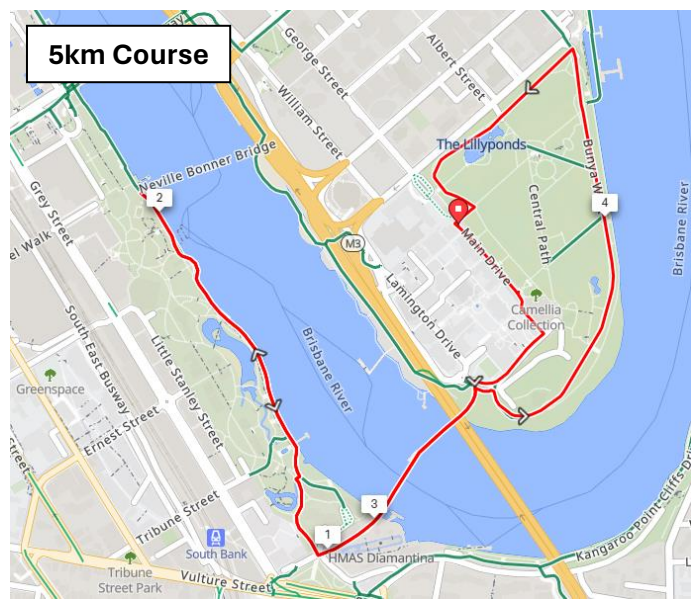
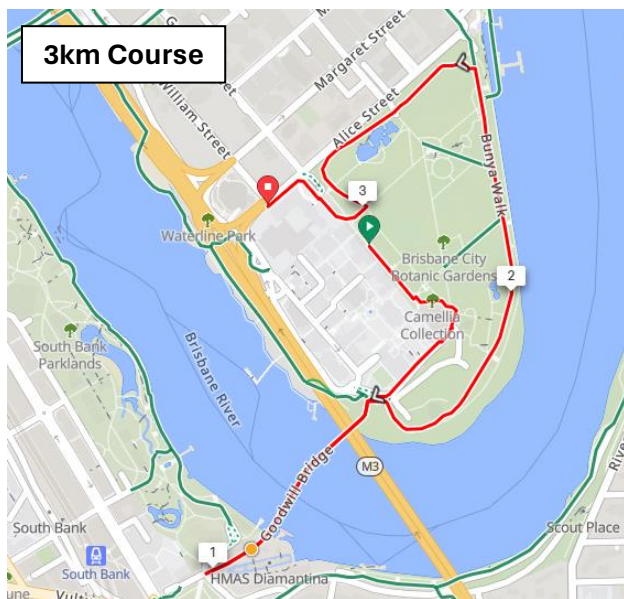
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Do I have to wear my D2D participant shirt to the event?

No. We would love you to wear the shirt so everyone can see you are part of the event but you can wear whatever is comfortable. We do encourage you to wear clothes which are visible in the darkness for safety.

Thank you very much for your support of the 2024 Darkness to Daylight Event. Without your time and effort, events such as these would not be possible.

Course Maps:



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