

DARKNESS TO Daylight

EVERY STEP COUNTS

On Course Directional Marshal 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	On Course Directional Marshal
Working location	You will be positioned along the course. Kaylah (EMSA) will email you to advise your location for your shift. 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 .
Check in	Please go straight to your position on course and text message Kaylah when you have arrived. An EMSA staff member will come around to visit you and sign you in, hand you a volunteer t-shirt and you will be ready to direct and cheer participants on. You can view your location on the below map (once it is emailed to you). Click on the Link: https://maps.app.goo.gl/jjsyxDLZZBnh95e9
Shift ONE	6pm – 11pm Wednesday 29 May Please ensure that you arrive at your position by the above time and stay in your position until your course supervisor has told you otherwise.
Shift TWO	11pm – 4am Wednesday 29 to Thursday 30 May Please ensure that you arrive at your position by the above time and stay in your position until your course supervisor has told you otherwise.
Shift THREE	4am – 7am Thursday 30 May Please ensure that you arrive at your position by the above time and stay in your position until your course supervisor has told you otherwise.



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<p>What to wear</p>	<p>You are expected to be neat and tidy in dress and grooming at all times. Please wear:</p> <ul style="list-style-type: none"> • 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 <p>Inappropriate dress includes: miniskirts, 'short' shorts, shirts with offensive slogans, thongs or sandals</p>
<p>What to bring</p>	<ul style="list-style-type: none"> • A refillable water bottle • A snack • Weather appropriate clothes (umbrella, rain jacket, hat etc.) <p>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.</p>
<p>Health & Safety</p>	<ul style="list-style-type: none"> • 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 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.
<p>Duties</p>	<p>On Course Directional Marshals direct and encourage participants, monitor the course for accidents and assist spectators with crossing the course in correct locations.</p> <ul style="list-style-type: none"> • Encourage and cheer on all participants in their efforts. • Ensure participants don't trip over stairs or hazards. • Staff will monitor the course throughout the event. Should an accident occur please report it to the passing staff member who will radio for assistance. • For urgent incidences, please follow the emergency procedure or call Kaylah on 0447 176 314 • Your supervisor will notify you when you can leave your position and will sign you out. You will be required to stay in your position until the last participant has passed you. • It is really important that you remain standing for the whole event as in previous years, participants have gotten lost due to not having a clear directional marshal at different points on the course.



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Event schedule	Wednesday 29th May 110km – 6:30pm Thursday 30th May 10km – 5:00am 3km – 5:30am Event closes – 7:00am
Volunteer Coordinator	EMS Australia: Pre-Event Volunteer Coordinator: 07 3139 0398 Event Day Volunteer Coordinator: Kaylah Pearse 0447 176 314 Second point of contact: 0460 755 712

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



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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.

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

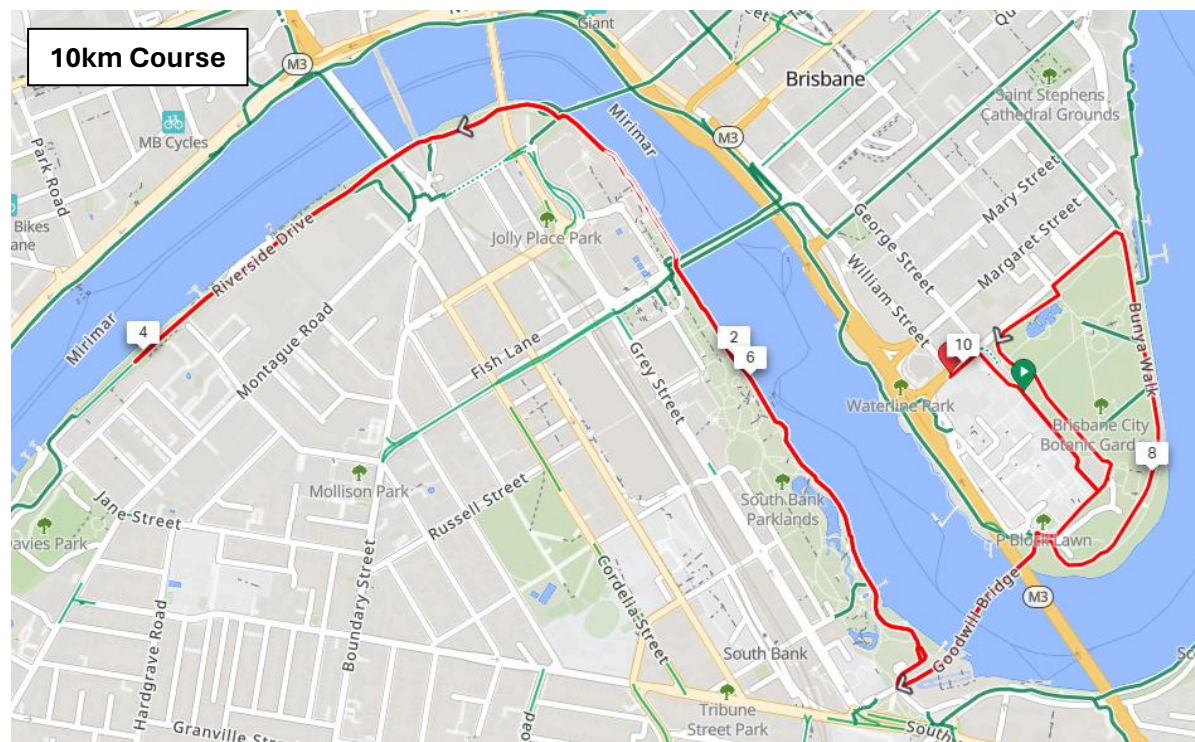
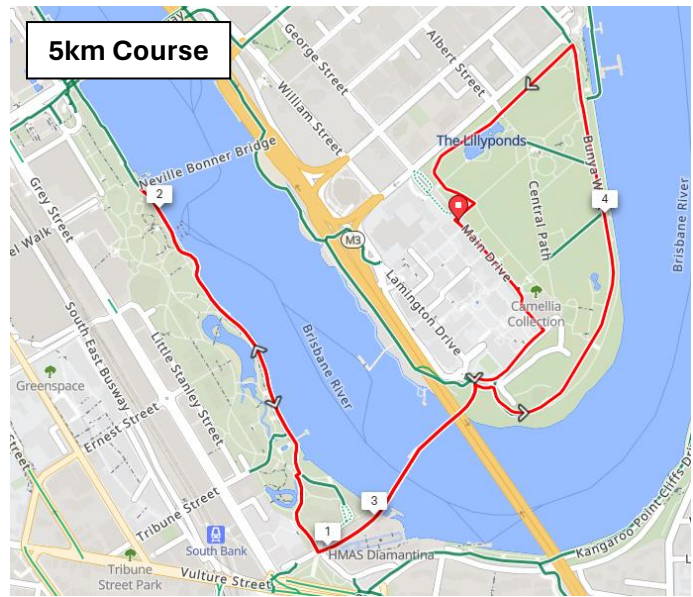
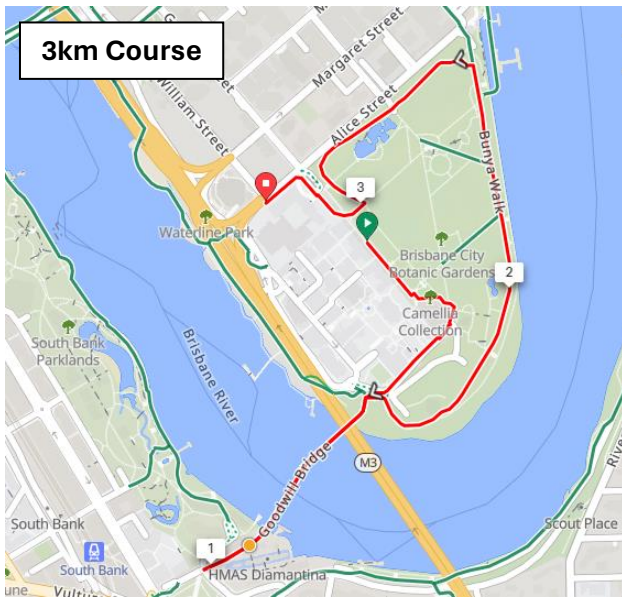
No. We would love you to wear the shirt so everyone can see you are part of the event but you can wear whatever is comfortable. We do encourage you to wear clothes which are visible in the darkness for safety.

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.



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Course Maps:



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