

Volunteer Pocket Guide

EVERY STEP COUNTS

Darkness to Daylight

Emergency Action Plan

In an emergency follow these steps:

1. Survey scene
2. Is the scene safe?
3. Phone help – Medical Command or Event Command
4. Give your location & phone number you are calling from
5. Explain what happened
6. How many people are involved?
7. Nature of injuries/incident
8. Age of casualties
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 the Volunteer Coordinator.

Please stay hydrated, safe, sun smart and have fun!

DONATE NOW



Thank you for volunteering!
This event would not be possible without you!

WERE HERE TO END
DOMESTIC VIOLENCE



Race Start Times – Wednesday 29th May

Wed 29th 6:30pm – Overnight Run Starts
Thurs 30th 5:00am – 10km Run Starts
Thurs 30th 5:30am – 3km Run Starts
Thurs 30th 7:00am – Last Finisher

Please stay in your role at your location until you are signed out by one of our event staff.

Key Contacts:

Medical Command Centre
0421 003 720

1. Role Supervisor – staff member present
2. Volunteer Coordinator (Kaylah) – 0447 176 314
3. Event Command – 0460 755 712

