

Guidance for Road Marshals

Please read the following

Firstly, a very sincere thank you for volunteering to marshal. We want you to be as safe and as comfortable as possible, the following words of advice will help with this.

Preparation:

Depending on your location, you may be on duty from 15 mins up to 1hr 30mins. In March the weather can be changeable, so please check the weather forecast and bring appropriate clothing. Wear suitably stout shoes (Flip flops are not good) and remember to stay hydrated.

Ensure your mobile phone is fully charged.

If the night before was a heavy one, or you are feeling particularly unwell, please let us know and we will try to arrange a replacement.

On collection of your Hi-Vis tabard at race HQ, you will be able to collect a snack and a drink. Please return your hi-vis after your duties are complete to Race Control near the Finish line in the Quedam.

A hot drink will be available at nearby Boswells Café.

At your location

Put on your Hi-Vis tabard and wear it at all times.

Familiarize yourself with your location, and instructions. Make sure the run route where possible is free of obstruction or debris.

Look at the road layout, the priorities and the way in which any traffic approaches.

Having done this, identify the safest position in which you can stand off the highway that affords a view of both traffic and competitors.

Be ready in time for the Opening Vehicle ahead of the 1st Competitor.

During your duty

Remain alert and aware of traffic and your surroundings at all times.

Do not stand in the road unless you are required to do so when assisting a driver or competitor, and ensure you return to the roadside as soon as possible.

REMEMBER an occupied vehicle may unexpectedly roll forward or back.

You are present to advise road users and assist competitors. Unless you are specifically instructed, you should not attempt at any stage to direct traffic. You may direct competitors, but only where this is clearly required at a location where the route takes a turn to the left or right.

Be prepared for the unusual. Many road users will be unfamiliar with the event and may react in an unpredictable manner when confronted with closed roads or competitors on the road.

No personal stereos please.

Keep your mobile phone on and with the ringer volume turned up, throughout the event.

If you notice any runner wearing a personal listening device (including bone conducting), please record the race number and make Race Control aware.

Before you leave

Please await the closing vehicle/runner who will accompany the final competitor before you stand down. Should you need to stand down before this time please alert Race Control on 07462 835789 confirming your location.

A sweep vehicle will collect any signage and tape, but if you would kindly remove and dispose of any race related litter.

Once again, a huge thank you for your generous support. Without your help events like this could not go ahead.

Race Crew

Yeovil Half Marathon

Emergency Procedures

We have tried to cover most eventualities, however the unforeseen can happen. Should an incident occur at your location involving an athlete the decision rests firmly with the athlete if they choose to continue. If the incident involves a motorist or member of the public:

Try not to panic

Do not rush into the road. Keep your own safety in mind. Avoid causing a further incident leaving no-one left to call for assistance.

Assess the situation

Is anyone injured? If so, how many and how badly?

Is anyone trapped in a vehicle?

Is there a fire?

Is the road blocked?

Does it involve a competitor(s)?

What is the appropriate Emergency service?

If other people are at the scene direct them to attempt to safely warn other traffic of the incident.

Do not attempt to move the injured party unless there is imminent danger of fire or of them being struck by other vehicles.

If Medical personnel are at your location, allow them to deal with the situation, but ensure Police and/or Fire Service have been called if the situation demands it.

If no ambulance at your location, in the first instance call **07462 835789** for our Race control. Failing this call **112** from your mobile. This will be routed directly to an emergency operator regardless of the network being busy or having no phone credit.

Think about what you are saying and remain calm

Identify your location of the accident/ incident using details from your instructions.

Describe the incident and identify the number of persons or vehicles involved. Add if anyone is trapped or unconscious, and if there is a risk of, or a fire. If the incident involves a competitor, ensure you make this clear, and note the competitor's number.

Remain on the phone until the emergency services have finished taking details. Keep your mobile phone on as they may need to call you back.

Assist where you are able and only to the extent of any formal training you may previously have had.

Above all look after the safety of yourself and others

Await the arrival of the emergency services

Race Control

07462 835789