

VOLUNTEER GUIDELINES FOR THE WATERFALL

This is a critical area for volunteering. Safety for the runners, spectators and volunteers is of utmost importance. There are three common ways runners come off the mountain.

1. The Switchback, which is the safest route and where any runner who is unsure of themselves is directed.
2. The Cliffs are the most common route. It has potential hazards of large falls and/or loose rock injuries. The shale here is loose and comes off often.
3. The Waterfall is the most dangerous route, because of its sheer steepness. The personnel at the top is required to get a verbal assent from a race participant before allowing the runner to go down the Waterfall. The upper personnel also lets the bottom personnel know when a runner is coming down the Waterfall so that they are aware of potential falling hazards, including potential out of control runners. **NO SPECTATORS ARE ALLOWED DOWN THE WATERFALL DURING THE RACES.**

It is not uncommon for injuries to occur at the base of the Waterfall/Cliffs. This is why emergency personnel are located here. They are responsible for this area and will direct the bottom volunteers as to where they should stand and how they can assist if an injury occurs.

It is important that ALL volunteers stay until ALL runners for the race they have volunteered for have come off the mountain. Some of our eldest, frail members are in the last part of the race and deserve our attention just as much as the top runners. There are Sweep people with the last racers and they will let you know when the last racer is done.

There will be three different groups of volunteers:

ALL PERSONNEL AT THE BOTTOM OF THE CLIFFS MUST WEAR HARD HATS!!!

A. Bottom of Waterfall volunteers - [Should have a hard hats for all personnel and a walkie talkie on the race band]

1. Assist in crowd control. Important to keep spectators out of the pathway of runners and potential falling debris. Suggest the Switchback trail as an alternative with a reminder for them to always give way to race participants.
2. Keep in communication with the top of the Waterfall thru walkie talkie. They will let you know when runners are coming down the Waterfall. Let all volunteers know when a runner is coming down the Waterfall.
2. Assist emergency personnel when directed.
3. Radio personnel should announce when the top five runners pass with a statement of, "This is the base of the cliffs and #??? has just passed." Radio traffic is first and foremost for safety so please heed to any conversations regarding safety/injuries, etc.

B. Bottom of Waterfall emergency personnel - [Should have hard hats for all personnel, proper emergency response gear and a walkie talkie on the emergency personnel band.]

1. Responsible for securing the area at the base of the Waterfall/Cliffs as they deem necessary.
 2. Make sure that all equipment is ready and accessible.
 3. Respond to injuries and accidents as trained. Make use of volunteers as needed.
- C. Top of Waterfall volunteer(s) - Should have walkie talkie on the race band.]
1. Assist in crowd control. Direct spectators down the Jeep Trail as the first option and the Switchback Trail as the second option. Direct them to heed the way for runners whenever they cross paths.
 2. Secure the Waterfall entrance and communicate with any race participant who is headed towards the entrance. Have them verbally acknowledge they intend to go down the Waterfall. [Often runners become disoriented and may not know where they are on the mountain.]
 3. Contact the bottom of the Waterfall personnel and let them know when a runner is coming down the Waterfall. This is important as the majority of the runners are coming down the Cliffs and we do want them to be aware.
 4. Radio personnel should announce when the top five runners pass with a statement of, "This is the bottom of the Gut and #??? has just passed." Radio traffic is first and foremost for safety so please heed to any conversations regarding safety/injuries, etc.

LEADERS:

If you are helping in the Junior race it is your responsibility to make sure the hard hats and/or radio for your groups needs make it to your area. When the Sweeps have come thru you should leave your hard hats at the base of the Waterfall for the next group and arrange to get your radio to the next leader. Make sure your group of volunteers understand the importance of their tasks. The Men's race volunteers need to bring all their equipment off the mountain after the Sweeps come by.

YOUR TIME AND EFFORTS ARE GREATLY APPRECIATED. THE MOUNT MARATHON RACE COMMITTEE AND THE SEWARD CHAMBER OF COMMERCE WANT TO EXTEND ARE THANKS TO YOU FOR HELPING MAKE THIS A RACE WE CAN ALL BE PROUD OF.