



IRONMAN IRELAND 2022

VOLUNTEER GUIDE



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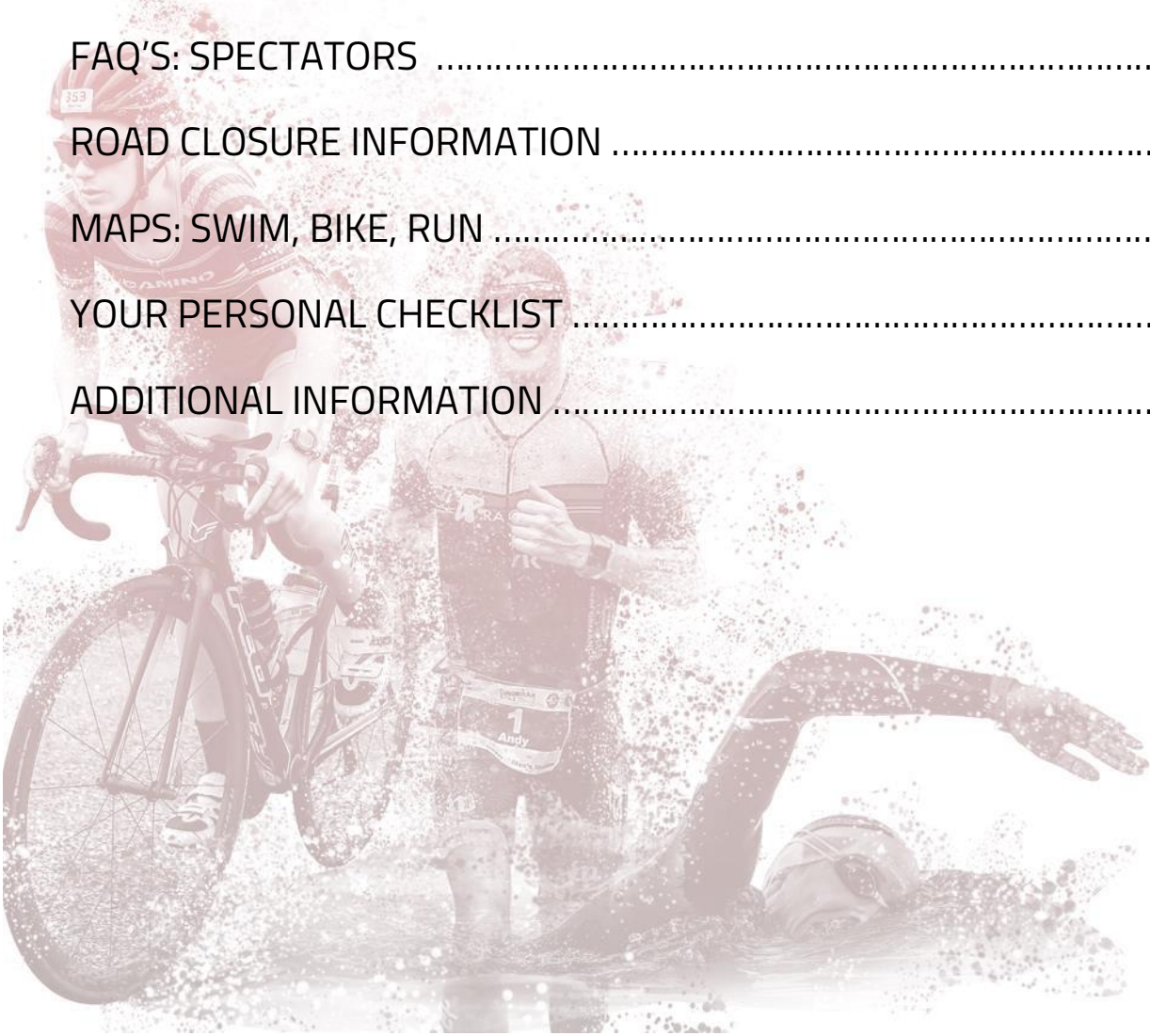
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WELCOME

TO 2022 IRONMAN® IRELAND

We are delighted to welcome you to our IRONMAN Ireland, 2022 edition. Please use this guide for event information and to help answer frequently asked questions about this year's event. We are really excited about your return to volunteering with us and hope you enjoy the experience.

Whilst our events return to normal this year, we remain committed to delivering a first-class experience for athletes and volunteers, celebrating what makes the IRONMAN community and local area so special.

When you arrive for your shift, your Team leader will provide you with any phone numbers you need. Make sure to save these into your phone. Your Team Leader or your Volunteer Coordinator should ALWAYS be your first point of contact.

Contact Numbers:

Aimee Smith Intern Volunteer Coordinator: 07383007009

Ricky Deveraux Local Volunteer Coordinator: +353 86 818 1366

In an emergency, please call 0333 0111 750

YOUR VOLUNTEER BRIEFING

Your Volunteer Briefing for IRONMAN Ireland 2022 is taking place as a **Zoom meeting** on our [IRONMAN Volunteer UK & Ireland Facebook Page](#).

This is being broadcasted on **Wednesday 27th July at 5:30pm** in the IRONMAN UK Volunteer Briefing Facebook Event.

If you cannot make it, please let our Volunteer Coordinator know by emailing aimee.smith@ironman.com who can send you the information. **Alternatively the briefing will be available to watch on our Facebook page at any time.**

There will be separate briefings for **Aid Station** volunteers on Thursday 11th August at 6pm in the Community Hall.



SCHEDULE OF EVENTS

HOURS	DESCRIPTION	LOCATION
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Thursday 11th August

15:00 - 19:00	IRONMAN Athlete Registration	Dolphin Square
15:00 - 19:00	IRONKIDS Registration	Dolphin Square
15:00 - 19:00	EXPO & Official IRONMAN Merchandise Store	Dolphin Square
Released 1 week prior to the event	Race Briefing	Online

Friday 12th August

09:00 - 20:00	Shuttle bus from Car Park	Kennell Road/R634
09:00 - 18:00	IRONMAN Athlete Registration	Dolphin Square
09:00 - 14:00	IRONKIDS Registration	Dolphin Square
09:00 - 20:00	EXPO & Official IRONMAN Merchandise Store	Dolphin Square

17:00 - 19:30	IRONKIDS Start	Town Hall
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Saturday 13th August

04:30 - 19:00	Shuttle buses from Car Park to Front Strand	Kennell Road/R634
08:00 - 14:00	IRONMAN Athlete Registration	Dolphin Square
09:00 - 20:00	EXPO & Official IRONMAN Merchandise Store	Dolphin Square
10:00 - 16:00	Transition open for bike, blue and red bag check in	Green Park

Sunday 14th August

04:00	IRONMAN Athlete Car Park Open	Claycastle
04:00 - 00:00	Shuttle bus from Car park to Front Strand (swim start)	Kennell Road/R634
04:30 - 05:45	IRONMAN Transition Opens	Green Park
06:00	IRONMAN - Pro Start	Front Strand
06:10	IRONMAN - Age group Start	Front Strand
09:00 - 20:00	Official IRONMAN Merchandise Store	Dolphin Square
17:30 - 00:00	Transition Open for Bike, Blue and Red Bag	Green Park
14:00 - 23:30	First finisher to last finisher	Market Square

Monday 15th August

09:00 - 14:00	Official IRONMAN Merchandise Store	Dolphin Square
10:00 - 12:00	IRONMAN Awards Ceremony & Slot Allocation	College Gardens, St Mary's



FAQ'S: SWIM

3.8km - 1 Loop

What is the cut-off time for the swim?

Athletes have 2 hours 20 minutes from their individual start time to complete the swim, and a further 10 minutes from the swim cut off to the start the bike.

How does the swim start?

Athletes will seed themselves into timing zones based on their own predicted swim times. Their timing chip will start once they have crossed the start line as they enter the water

Where can athletes leave their glasses?

There is a glasses table at the swim start where athletes can leave glasses, these are then moved to swim exit ready for collection when they finish the swim.

Do athletes have to wear a swim cap? Will there be spares?

Athletes must wear the official swim cap provided in their allocated colour- spare swim caps will be available at the swim start.

Do athletes have to wear a wetsuit?

Yes- wetsuits are compulsory.

Can athletes take off their wetsuit at the swim exit?

No- wetsuits can only be taken down to waist level before entering transition.

Can athletes wear gloves?

No-unless stated for medical reasons which must be cleared in advance with the race organisers.

Are neoprene hats, gloves or socks allowed?

Neoprene hats can be used underneath the official swim hat if desired. Gloves are not allowed. Neoprene socks are ONLY allowed when the water temperature is 18.3°C (65°F) or colder. Race organisers will make this call on race day.



FAQ'S: BIKE

180km- 2 Loops

What is the cut-off time for the bike?

Athletes will have 10 hours 30 minutes after the start time to complete the bike course. Athletes failing to make the cut-off will either be picked up on the course by the sweep vehicle or will enter transition but will not be permitted to continue with the run. The following intermediate cut-offs will apply for athlete safety and to ensure that roads can be re-opened to the schedule agreed with the authorities.

- The

Will there be mechanical assistance for the athletes?

There will be mechanics touring the course. They are not on call and we cannot guarantee a response time. As a result, athletes should be prepared to repair minor defects such as punctures. If more complicated work or expensive parts are required, the athlete will need to cover the cost after the event has finished.

Will there be bike catching?

There will be no bike catching in the transition area, athletes must rack their own bikes.

Can athletes ride mountain bikes?

No – athletes can ride road bikes or triathlon bikes only.

Can athletes pump their bike tyres before the race?

Yes – however a limited amount of track pumps will be provided.

Are there feed stations on the Bike Course?

Yes – the bike course has 3 feed stations with 6 chances to visit an aid station.

What do athletes do with litter when on the Bike Course?

There will be designated litter zones located at the feed stations on the course. Littering outside of these zones will result in an automatic disqualification (DQ).

Is there a Personal Needs station on the Bike Course?

Yes- Personal needs will be located at Pre- Garryvoe at 22.5km and 112km. Athletes must pre-register for Personal Needs and these bags need to be left at Transition on race day morning and will be transported to the bike course. Athletes do need to stop get off the bike take what they want from their bag and place it bag on the ground however anything left in the bag the athlete will not be given back.



FAQ'S: RUN

42.2km- 4 Loops

What is the cut-off time for the Run?

Athletes will have 17 hours after their start time to complete the run course. The following intermediate cut offs will apply for athletes safety and to ensure that roads can be re-opened to the schedule agreed with the authorities.

- End of Lap 2 at 90.6km

How do lap bands work?

There will be 4 laps on the run course and athletes will collect 4 lap bands (a different colour every time they pass through the checkpoint).

Can athletes have people run through the finish line with them?

Spectators will not be allowed to run down the finish line. This area must be kept clear for safety reasons and any athlete who crosses the finish line with a spectator will be disqualified (DQ). This includes carrying children.

Are there feed stations on the Run Course?

Yes- there are 3 feed stations with 12 opportunities to use the feed stations.

What do athletes do with litter when on the Run Course?

There will be designated litter zones located at the 4 feed stations on the course. Littering outside of these zones will result in automatic disqualification (DQ).

Is there a place for Personal Needs on the Run Course?

Yes- Personal Needs will be located at Old Fuel Station at 0.2km, 11.4km, 22km and 32.6km.

When will athletes see their results?

Results will be available live on www.ironman.com within 48 hours of the race ending. Paper copies of the provisional results will be printed and displayed on site once the race has finished on race day.



FAQ'S: TRANSITION

It is recommended that athletes arrive in Transition at least 90 minutes before the swim start. It is better for them to be prepared and relaxed for a while before the race rather than being rushed into getting ready if they are late.

What does an athlete have to do before they enter transition on Saturday?

Athletes should be wearing their helmets with the strap fastened and race number displayed. Athletes are responsible for ensuring that their bike and helmet are in safe and working order.

Can athletes access their bag the morning before the race?

Yes- Athletes will be able to access their blue bags the morning of the race.

Should athletes cover their bike overnight?

Athletes are not allowed to completely cover their bikes due to safety reasons- seats, handlebars and pedals can be covered.

Can athletes get a new timing chip if they think theirs is not working?

The transition Team Leader will have spare timing chips. These can be acquired at the entrance to transition. Please ask them for more information.

Where can athletes put their personal items?

It is at the athletes discretion to store personal items in transition bags- it is advised not to store personal items in the bag, as IRONMAN cannot be held responsible for any issues.

Can athletes have assistance when getting changed?

No- athletes are not supposed to receive assistance from volunteers while they are changing during the race.

Will water be provided?

Yes- water will be available in every transition and on every feed station along the course.

Will there be toilets in transition areas?

There will be toilets inside transition and close to the swim start as well as at every feed station and at the finish line.

How does the flow of people work in transition areas?

There is only one single entrance point marked for athletes to enter and designated exit points for leaving the transition area.

An athlete has lost something, where is lost property?

Lost and Found items will be collected from each area and will be delivered to the Registration Tent during the race week and to the Awards Ceremony after the race.



FAQ'S: VOLUNTEERS

What time does the race start and finish?

IRONMAN UK will start at 6:00am at Front Strand and will conclude at 23:30 in Market Square. Athlete Village will close at 23:35.

Where can volunteers park on the day?

It is recommended you use the shuttle bus service as it is free for volunteers (when visibly wearing your volunteer t-shirt). More information on car parking can be found in the FAQ: Spectators section.

Who do I contact on the day?

Your main contact on the day will be your Team Leader and Volunteer Coordinator. For role specific information, you can direct your questions to your Team Leader, whom you will meet on the day.

What should I wear for volunteering?

You are encouraged to wear comfortable clothing such as jeans and trainers. You will be supplied with a t-shirt when you register at the start of your shift: that you **MUST** wear when on-site at any point of the event. Coats can be worn over the top as long as the t-shirt is visible.

Will I get food and drinks when volunteering?

You will receive snacks and water within your volunteer bag, however these are snacks and will not sustain you for a full day's shift. Please make sure to bring your own lunch and enough food to last you for your shift.

An athlete appears to be struggling in the race; can I help them?

We ask that volunteers do not get involved with athletes or help them with their equipment – this could lead to an athlete penalty or disqualification (DQ). However, we do encourage you to be supportive of athletes by cheering them on as they pass through your zone. You are also not obligated to perform first aid in an emergency situation; however, you can report an emergency to race control or by signalling for a marshal.



FAQ'S: ATHLETE BAGS

BLUE BAGS

Blue Bags are for Bike Gear. Athletes will need to put all their kit for the cycle in this bag, including their helmet and race number. Athletes will enter the changing tent in Transition upon exiting the swim, here they will change into their bike gear and then head to collect their bike.

RED BAGS

Red Bags are for Run Gear. Athletes will need to put all their kit they will need for the run in this bag. Once they have left their bike, they will enter Transition, change, and head to the run course.

WHITE BAGS

White Bags are for Dry Clothing. Athletes are required to put in any clothes they require for after the race. The white bags will be in the athletes finish area and will be available to collect as soon as they finish the race.

ORANGE BAGS & BLACK BAGS

Orange and Black bags will be used for Personal Needs items on the Bike and Run course. These bags need to be dropped in Transition on Race Day morning and they will be transported to the Personal Needs stations.

If an athlete has been disqualified, can they collect their bags early?

No – If an athlete has been pulled or disqualified from the race, they cannot access blue or red bags until these zones have been opened for collection; however, white bags are available for collection next to athlete village.

Can an athlete collect their bags early if they have finished the race?

No – Transition will open for collection of bags and bikes at 17:30. Athletes will need to present their wristband with their corresponding number to collect their items. It is recommended that athletes check they have all their items before they leave transition. Transition closes at 00:00.



FAQ'S: SPECTATORS

The best way to reach Youghal is by car or bus.

There are 2 major airports close to Youghal:

- Dublin Airport
- Cork Airport

Cork Airport to Youghal (40 minutes)

- Exit the airport and turn left on the main roundabout.
- Proceed to the Kinsale Road Roundabout and keep on the right-hand lane.
- Take the 4th exit on the left which is signposted for N25.
- This will take you through to the Jack Lynch Tunnel.
- Follow signs for Rosslare/Waterford. Proceed along the N25 for 25 minutes, through Castlemartyr and Killeagh Villages.
- The next town you will get to is Youghal. Turn off the N25 at the first exit and you will enter Youghal.

From Dublin to Youghal (2 hours 15 minutes from the M50)

Take the N7 (junction 9 off the M50) onto the M7 in the direction of Cork. At junction 11 on the M7 take the exit to the M9 in direction of Waterford. At the end of M9 take the N25 following signs for Cork, via the toll bridge, passing Dungarvan and on into Youghal.

By Bus:

You can reach Youghal from various locations via bus. For more information, real time service information and a Journey Planner please [HERE](#).



FAQ'S: SPECTATORS

There will be one shuttle bus service that will be running across the IRONMAN Ireland Festival Weekend on Friday 12th August, Saturday 13th August and Sunday 14th August 2022 (to the earlier hours of Monday morning).

Car park and shuttle bus pick up location (outside of main town):

Ballyvergan / R634, W3W: ///sunburned.lightbulb.limit

Drop off location (near swim start):

Front Strand Beach, W3W: ///skiing.pumps.mailing

Opening dates and times:

Friday 12th August - 08:00 till 20:00

Saturday 13th August - 04:00 till 20:00

Sunday 14th August - 04:00 till 01:00 (Monday)

Cost:

On the day booking: **€10** per car and driver and **€5** for any extra adults and **€2.50** for 13-18 – 12 and under are free. If you book on line before 10th August the cost is reduced to €8 per car & driver, €4 per extra adult and under 18s are free.

Useful instructions to note:

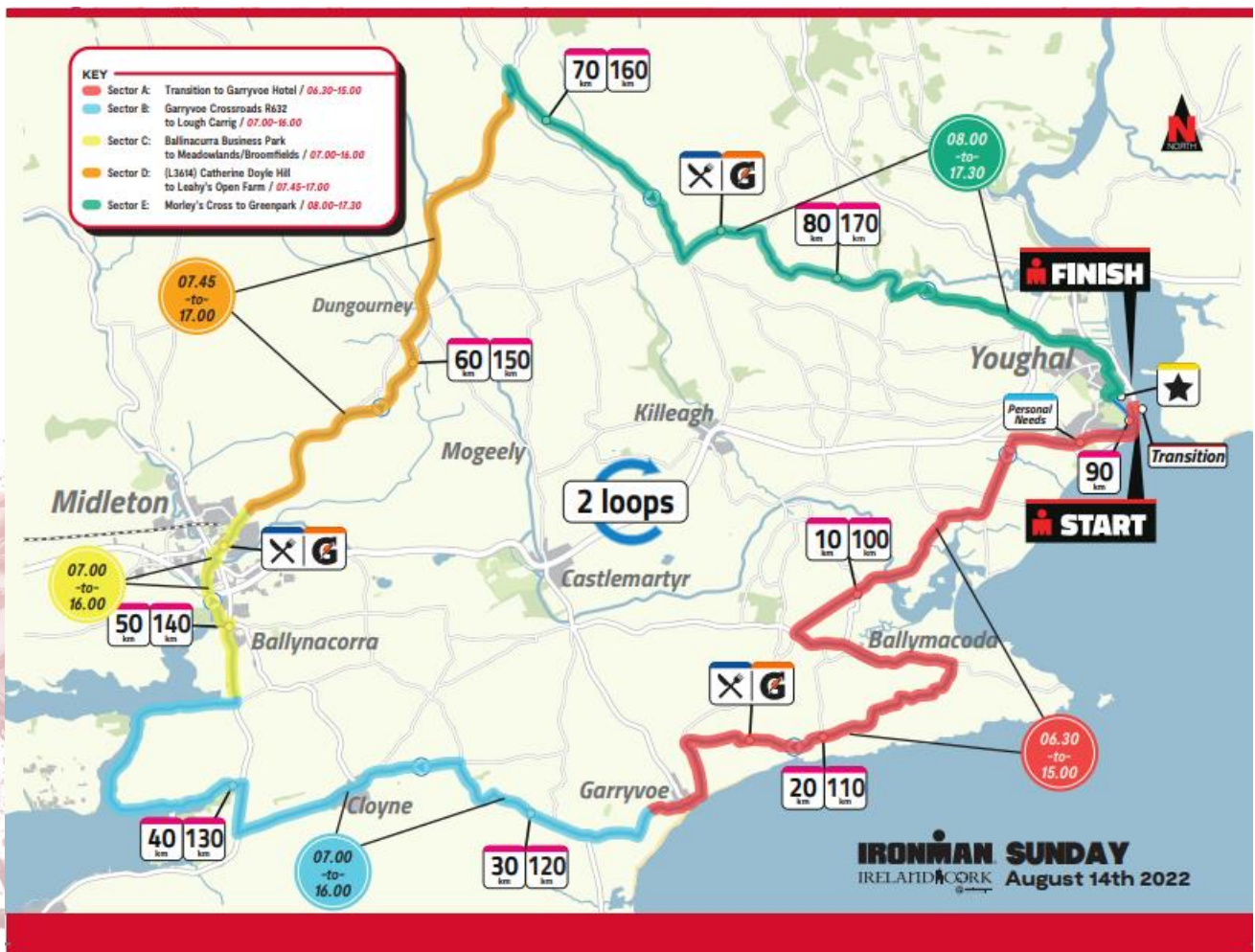
- The parking area is a field on the R634 just before the junction to join the N25
- It has 2 access points which can be accessed from the N25 in both directions see map for details of your route off N25
- The field will be supervised at all times and you will be shown where to park.
- The shuttle bus will drop Supporters & Athletes off at Front strand (Swim Start)
- The distance of the shuttle bus route is 3.5km and will take approx. 12 mins to drive
- The distance for athletes/supporters to walk from drop off to T1 is 750m. The distance for athletes/supporters to walk from drop off to town centre & Finish line is 1.4km



ROAD CLOSURE INFORMATION



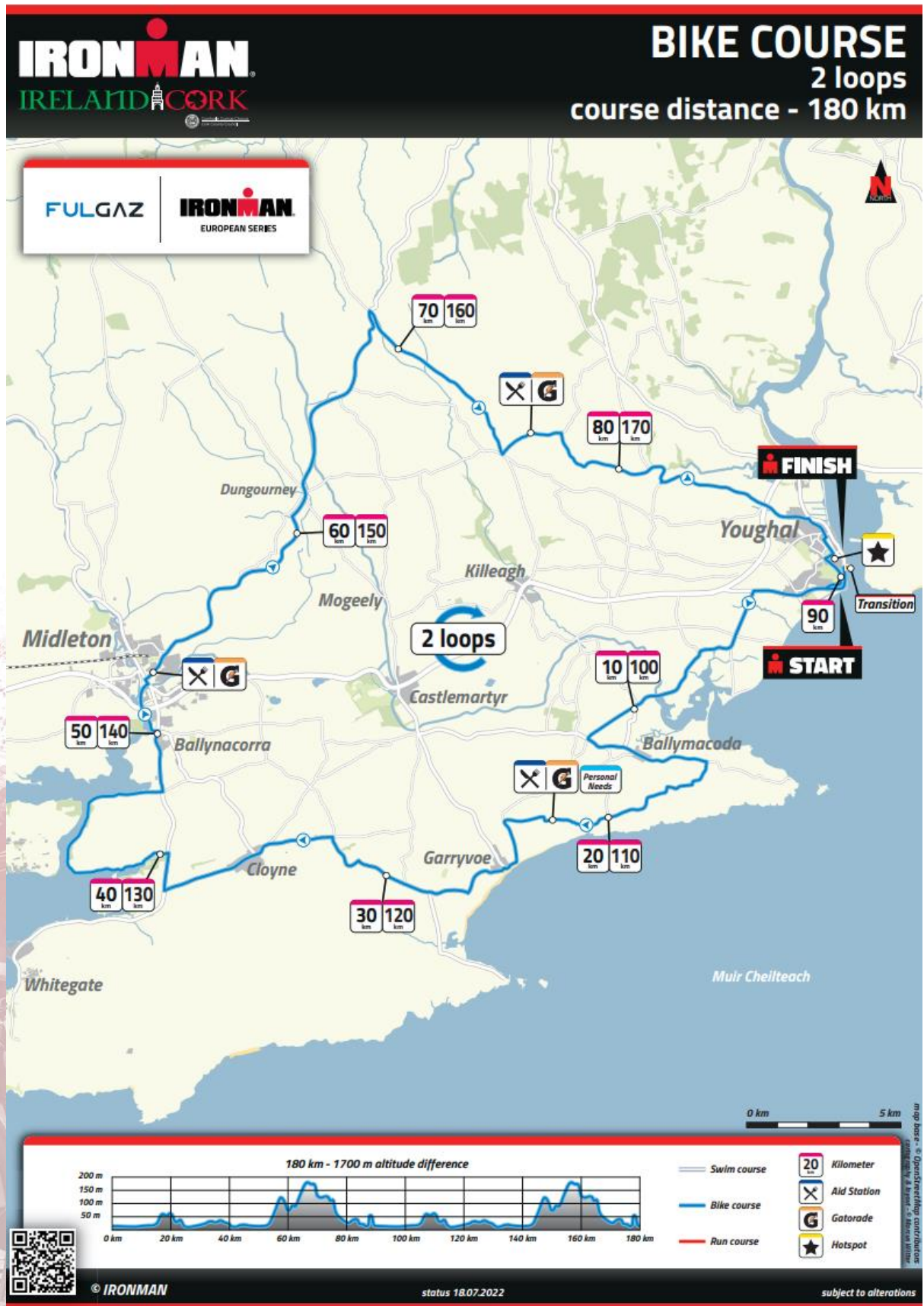
ROAD CLOSURE INFORMATION



SWIM MAP



BIKE MAP



RUN MAP

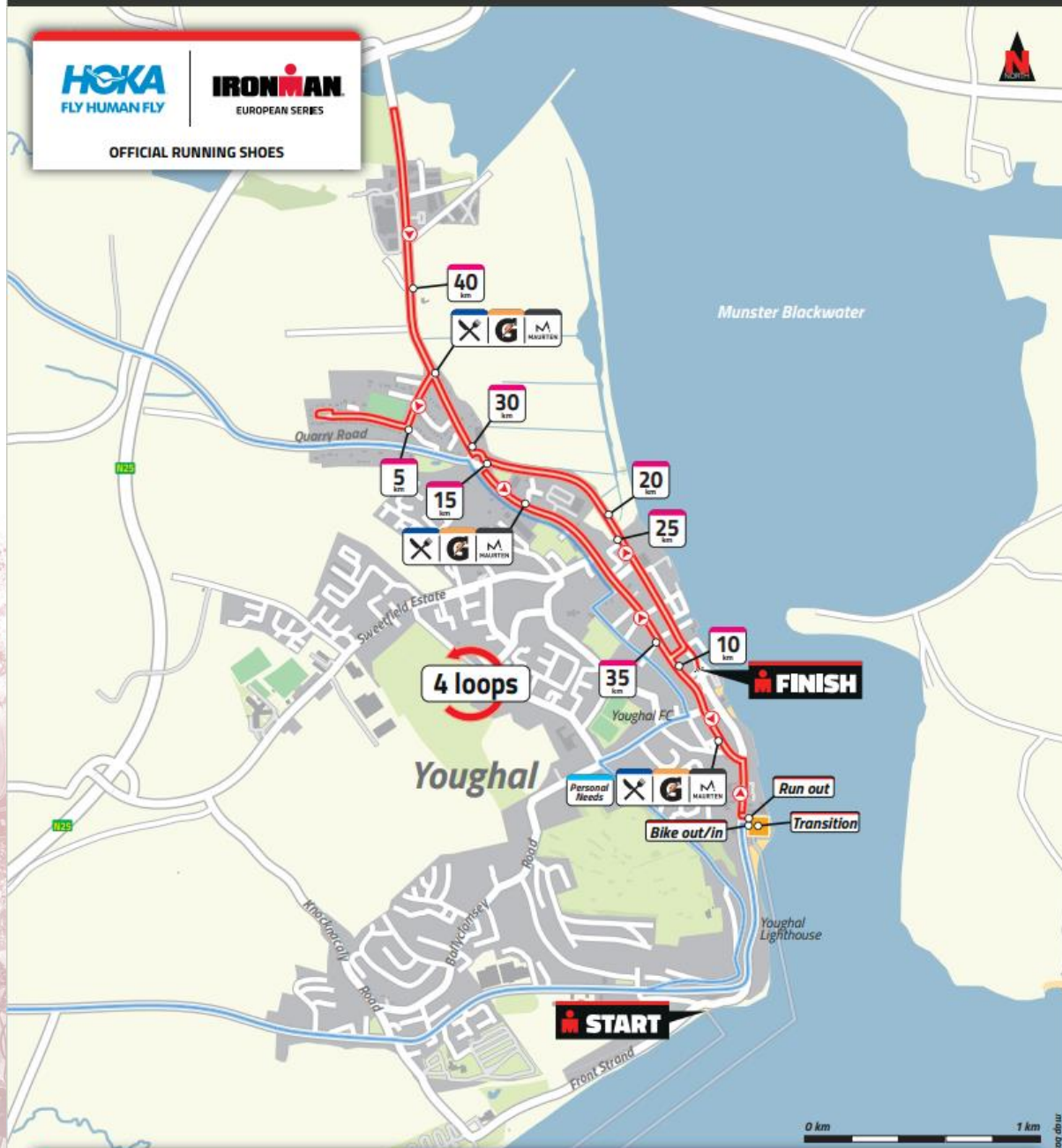


RUN COURSE 4 loops course distance - 42.2 km

HOKA
FLY HUMAN FLY

IRONMAN
EUROPEAN SERIES

OFFICIAL RUNNING SHOES



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status 18.07.2022

subject to alterations

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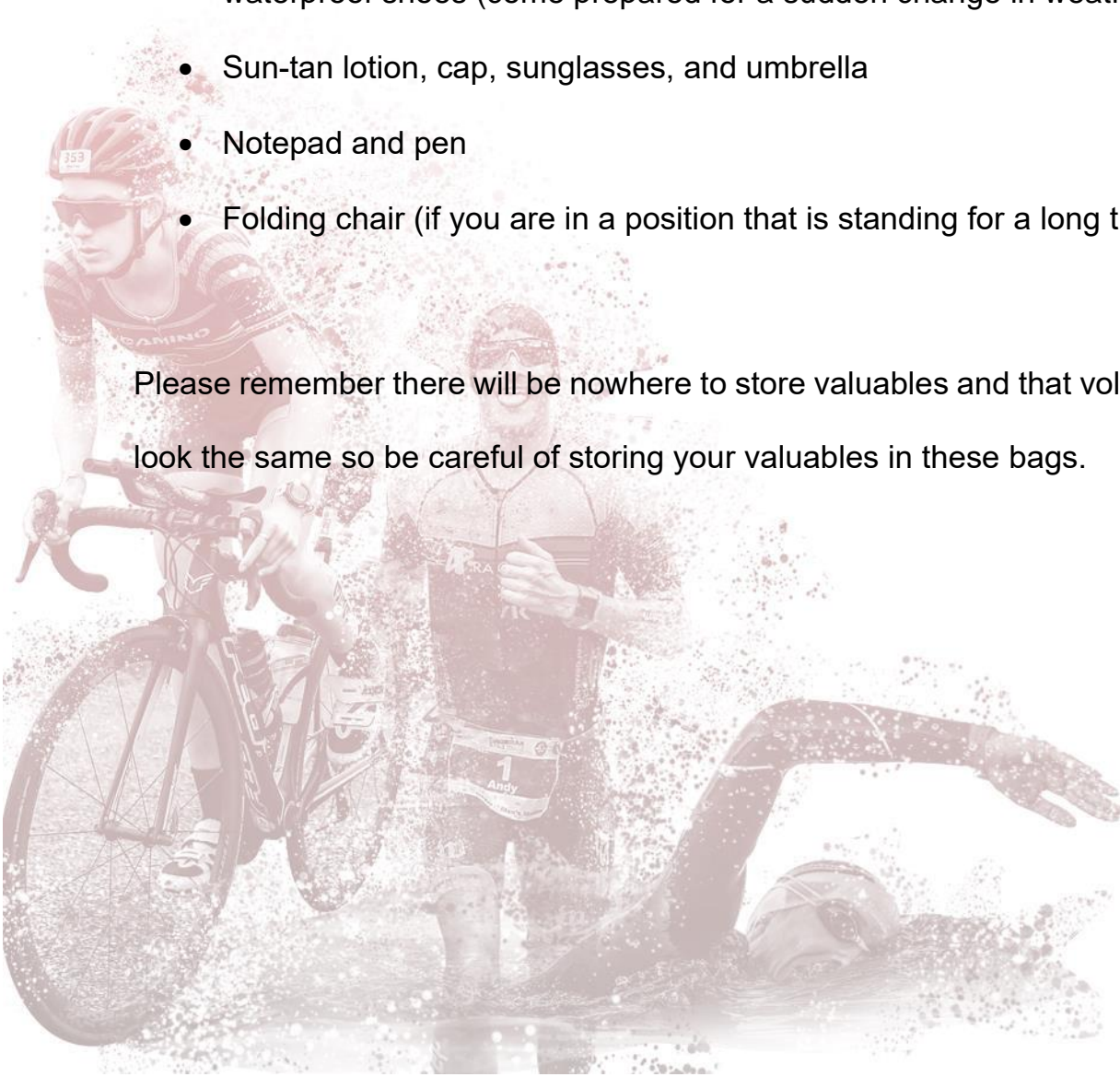


YOUR PERSONAL CHECKLIST

Your Personal Checklist: to ensure an enjoyable volunteering experience.

- Volunteer pack & documents (if applicable)
- Enough food/water to last your shift (a full packed lunch is advised)
- Fully charged mobile phone and portable charger (if you have one)
- Appropriate clothing for the weather and predicted weather including comfy waterproof shoes (come prepared for a sudden change in weather!)
- Sun-tan lotion, cap, sunglasses, and umbrella
- Notepad and pen
- Folding chair (if you are in a position that is standing for a long time)

Please remember there will be nowhere to store valuables and that volunteer bags all look the same so be careful of storing your valuables in these bags.



ADDITIONAL INFORMATION

Feed Stations

Athletes should be aware that feed stations will NOT always be on the left-hand side and should be conscious of positioning with other athletes on the track.

Athletes should also pass-through feed stations slowly, so to avoid any incidents with athletes, staff, or volunteers.

Drinks from these feed stations will be handed out in cups or bottles. Cups and gels should be thrown in the bins provided – not on the ground as this is considered as littering. There is no littering allowed apart from designated litter zones, any littering outside of these zones will result in disqualification (DQ).

Medical Information

First thing to remember do not panic!

- Do not give first aid – unless you are trained and confident to do so.
- Protect the casualty from further injury, or other athletes from falling over them.
- Do not move the casualty if there is any indication of neck or back injury otherwise move them to a safe location (where they can easily be evacuated).
- Call for help – Team Leader, Volunteer Coordinator or nearby medical staff.
- Stay with the casualty until help arrives and reassure them.
- If you cannot directly contact your Team Leader or Volunteer Coordinator via their mobile numbers, please use word of mouth or body language to draw the attention of a member of staff with a radio towards you



ADDITIONAL INFORMATION

After your shift

- Once your shift is over, we encourage volunteers to continue to be involved with the event by doing any extra where you can, but also to enjoy your time with IRONMAN.
- Volunteers are more than welcome to watch the race at different points and cheer on the athletes as they pass.
- We hope that you enjoy your time with IRONMAN and have been inspired to stay involved and to join in either as an athlete or by volunteering with us again in the future.

Send us your feedback!

The IRONMAN team are always looking to improve our races each season and to do this we need to ensure we acquire as much feedback as possible with each race. After the race, we will send you a feedback form and we would be grateful if you could tell us about your experience as a volunteer. Whether it is about your volunteer position, the race itself, or any other matter; we look forward to receiving your feedback.

Social Media

Share your volunteering experience with us! Spread the word about **#IMIRELAND**

Facebook: IRONMAN England

Facebook: IRONMAN Volunteers UK & Ireland

Twitter: @ironman_uk

