



IRONMAN 70.3 WEYMOUTH 2021 VOLUNTEER GUIDE



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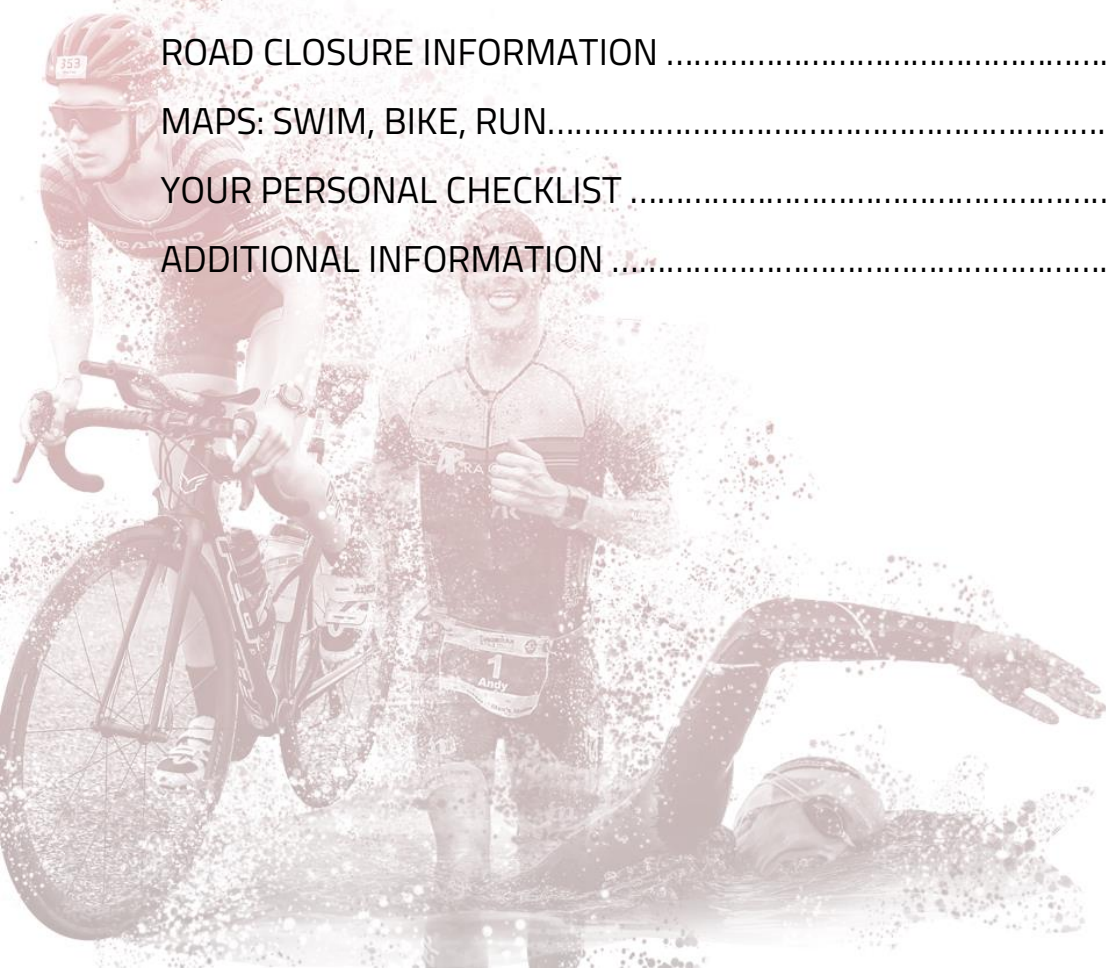
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WELCOME

TO IRONMAN 70.3 WEYMOUTH 2021

We are delighted to welcome you back to the 2021 edition of IRONMAN 70.3 Weymouth. Please use this guide for event information and frequently asked questions about this year's event. We are really excited about your return to volunteering and hope you enjoy the experience.

Whilst the environment in which the event is held has changed and you will notice small changes in how the event is operated, 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 this into your phone. Your Team Leader or your Volunteer Coordinator should ALWAYS be your first point of contact.

Volunteer Coordinators:

- Rosie Holdway – 07990041973
- Hayley Howard – 07909770151
- In an emergency, please call 0333 0111 750

YOUR VOLUNTEER BRIEFING

Your Volunteer Briefing for IRONMAN 70.3 Weymouth 2021 is taking place as a **Facebook Live** on our [IRONMAN Volunteer UK & Ireland Facebook Page](#). You can watch this without access to a Facebook account.

This is being broadcasted on **Wednesday 8th September at 7pm** in the [IRONMAN 70.3 Weymouth Volunteer Briefing](#) Facebook event.

If you cannot make it, please let our Volunteer Coordinator know by emailing rosie.holdway@ironman.com who you 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 (Saturday 18th September at 11am) as well as **Run Course Marshals** (Thursday 16th September at 7pm).

SCHEDULE OF EVENTS

IRONMAN 70.3 Weymouth

Schedule of events are subject to change

HOURS

EVENT

PLACE

THURSDAY, September 16, 2021

15:00	19:00	Volunteer Registration	The Pavilion Car Park
19:00	19:30	Volunteer Run Marshal Briefing	The Pavilion Car Park

FRIDAY, September 17, 2021

09:00	17:00	Athlete and Volunteer Registration	The Pavilion Car Park
09:00	17:00	EXPO & Official IRONMAN Merchandise Store	The Pavilion Car Park

SATURDAY, September 18, 2021

08:00	15:00	Athlete and Volunteer Registration	The Pavilion Car Park
08:00	17:00	EXPO & Official IRONMAN Merchandise Store	The Pavilion Car Park
08:00	17:00	Transition Open for Bike and Blue/Red Bag Check-In (Pre-selected time)	Lodmoor Country Park
11:00	11:30	Aid Station Volunteer Briefing	The Pavilion Car Park

SUNDAY, September 19, 2021

05:00	07:00	Transition Opens	Lodmoor Country Park
07:20		IRONMAN 70.3 Weymouth Age Group Rolling Start	Beach – Opposite Lodmoor Country Park
09:00	18:00	Official IRONMAN Merchandise Store	The Pavilion Car Park
14:00	18:00	Transition Opens for Bike & Blue/Red Bag Collection	Lodmoor Country Park
17:30	19:30	Awards Ceremony and Slot Allocation	Pavilion Theatre



COVID-19 MEASURES

Please read below for the specific safety measures we are recommending due to COVID-19.

- Face coverings are encouraged for volunteering over the event week and weekend, especially when in close contact with others, in busy areas and indoors. You will be provided a face covering in your volunteer pack.
- We will have an increased number of hand sanitiser locations around the venue.
- Perspex screens will be in place during registration to separate athletes and volunteers.
- Disposable gloves are recommended when volunteering in relevant positions (e.g., aid stations and gear check).
- All volunteer communications and guides will be digital to reduce touch points.
- We are implementing a Pre-Event Health Screening Questionnaire for athletes, volunteers, and staff. Please read more about this on the next page.
- You are encouraged to take a lateral flow test before arriving on site. These are free from your local chemist.

FAQ's:

Do I have to wear a face mask during the whole event?

Face coverings are encouraged for volunteering over the event week and weekend, especially when in close contact with others, in busy areas and indoors. These will be provided in your volunteer bags.

What do I do if I feel ill during the event?

Please let your Team Leader know who will inform the Volunteer Coordinator.

Do I have to provide a negative Covid-19 test before volunteering?

No, however, we ask that you complete the Pre-Event Health Screening Questionnaire and inform your Team Leader and Volunteer Coordinator if you answer YES to any of the questions asked. We also encourage that you take a lateral flow test on the first day that you are volunteering, and 72 hours later if you are volunteering across multiple days.

What do I do if I see other volunteers not adhering to Covid-19 safety guidelines?

Please inform your Team Leader or Volunteer Coordinator.

COVID-19 MEASURES

Covid-19 Pre-Event Health Screening Questionnaire

As a volunteer you are required to read and confirm verbally when arriving on site that you do not have any Covid-19 symptoms listed in the questionnaire below and have not been around anyone who has tested positive for Covid-19 in the last 14 days. You are encouraged to take a lateral flow test prior to your arrival on site, and another one 72 hours later if you are volunteering across multiple days.

Ironman Staff and Volunteer Pre-Event Questionnaire		
Name:		
Role:		
Within the last 14 days have you:	Yes	No
Been diagnosed with, tested Positive for, or treated for Coronavirus (COVID-19)?		
Or anyone in your immediate family bubble been exposed to, or come into contact with someone with known Coronavirus (COVID-19)		
Or your immediate family bubble experienced any of the following:		
Fever or Chills		
Mild or Moderate difficulty breathing		
New or worsening cough		
Sustained loss of smell, taste, or appetite		
Sore throat		
Runny or stuffy nose		
Vomiting or diarrhoea		
Muscle, joint pain, or body ache		
Or anyone in your household provided care to a known COVID-19 patient?		
Or anyone in your household travelled to a known COVID-19 high risk area?		



FAQ'S: SWIM

1.2 Miles – 1 Loop

What is the cut-off time for the swim?

Athletes have 1 hour 10 minutes from their individual start time to complete the swim, and a further 10 minutes from the swim cut off to 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.

Do athletes have to wear face masks?

We are requesting that athletes wear a face mask at the swim start. Bins will be available close to the start line where they will be disposed of by the Athlete before the race.

Where can an athlete leave their glasses?

There is a glasses table at the swim exit where athletes can leave glasses, 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

56 Miles – 1 Loop

What is the cut-off time for the bike?

Athletes will have 5 hours 30 minutes after their start time to complete the bike course. 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. 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 to the run.

- 1st cut-off: Mile 22.8 – Piddlehinton Village Hall
- 2nd cut-off: Mile 39 – Gales Hill
- 3rd cut off: Mile 46.6 – Charminster

Will there be mechanical assistance for athletes' bikes?

There will be mechanics touring the course. They are not on call and as they must comply with the restrictions in place, they cannot respond to calls. 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.

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 2 feed stations located at Mile 22.8 and Mile 40.

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 place for Personal Needs on the Bike Course?

No – there is no Personal Needs Stations in an IRONMAN 70.3 race.

FAQ'S: RUN

13.1 Miles – 2.5 Loops

Athletes will have 8 hours 30 minutes after their start time to complete the run course. 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:

- Final lap cut-off: Mile 8.9

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 on the course, with 8 opportunities to utilise these feed stations. Feed stations are approximately every 1.5 miles.

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

There will be designated litter zones located at the 3 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?

No – there is no Personal Needs Stations in an IRONMAN 70.3 race.

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.

Will athletes have to wear a mask?

Athletes will be requested to wear a face mask after they have crossed the finish line once their breathing levels have returned to normal. Masks will be available on a table in the Finish Area.

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 and red bags the morning of the race. This is new for 2021.

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 athlete's 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 losses.

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 feed station along the course.

Will there be toilets in transition areas?

There will be toilets inside transition areas 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 & 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 70.3 Weymouth will start at 07:20 at Preston Beach, opposite Lodmoor Country Park and will conclude at 16:20 at The Pavilion.

Where can volunteers park on the day?

It is recommended you use public car parks in and around Weymouth during the event week. More information on car parking can be found in the Spectators FAQ section. Please make sure you familiarise yourself with what is available and the restrictions that will be in place.

Who do I contact on the day?

Your main contact on the day will be your Team Leader and Volunteer Coordinators – either Rosie or Hayley. For role specific information, you can direct your questions to your Team Leaders; 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 sign in at Volunteer Registration; you **MUST** wear this when on site at any point of the event. Coats can be worn over the top as long as the t-shirt is visible. You will also be provided with a face covering which is recommended when volunteering across the event week and weekend.

Will I get food and drinks when volunteering?

You will receive snacks and water which will be provided in 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: VOLUNTEERS

Volunteer Role Descriptions

- **Athlete Bag Packing Assistant**

To pack athlete rucksacks and envelopes with all the necessary equipment including promotional flyers, transition bags, bibs, swim caps and wristbands before athlete registration opens.

- **Athlete Registration Assistant**

To sign in Athletes using an electronic tablet and hand out rucksacks and envelopes in the week running up to race day. A full briefing will be given on this role before use of the tablet commences.

- **Swim General Assistant – allocated to one of the three below roles:**

- 1. Rolling Start Team**

To ensure athletes enter the water at the right time. Volunteers position themselves in the start pens holding signage to indicate where athletes should place themselves upon entry to the water. The swim start manager will ask you to walk slower or faster based on the timings of the rolling start.

- 2. Swim Entry Team**

Monitoring the flow of athletes in and out of the water and adjusting according to instructions from the Swim Start Manager.

- 3. Swim Exit Team**

Assisting athletes getting out of the water at the end of the swim course. You will get wet in this role. A wetsuit is recommended.

- **Bike Check-In Assistant**

To check that athletes' wristbands and stickers are correct upon entry to the transition area when checking in their bikes on the Saturday ahead of race day.

- **Blue, Red and White Bag Check-In Assistant**

To check athletes' wristband numbers and bag numbers are correct upon entry to the transition area and help with directions if necessary. Athletes will hang, place or rack their own bags depending on the set-up of transition.

FAQ'S: VOLUNTEERS

Volunteer Role Descriptions Continued

- **Transition General Assistant**

Assisting athletes finding their way around the transition area and making sure the tent is clean and free of hazards. General welfare of athletes if they pull out of the race or do not make the swim, bike or run cut off.

- **Timing Chip Hand-out**

Ensuring that all athletes receive the correct timing chip as they leave the transition area the day before race day. Volunteers will receive a full briefing from our timing company.

- **Finish Line General Assistant**

Working on a rotation basis of roles, including medal handout, water and mask handout, and ensuring the smooth running of the Finish Line area.

- **Athlete Village General Assistant**

Working on a rotation basis of roles and ensuring the smooth running of the Athlete Village area. Including: T-shirt handout, refreshment handout and timing chip collection.

- **Bike and Run Course Marshal**

Directing athletes along the Bike or Run Course and assisting with Athlete welfare when necessary (e.g., with dropouts and injuries). Ensuring that pedestrians are crossing the course at the designated crossing points and supporting athletes as they go past.

- **Feed Station**

Assisting with the set-up of the feed station and handing out drinks, gels and bananas to athletes as they pass through the feed station on either the run or bike course. You will also be required to de-rig and tidy away the feed station at the end of your shift.

- **Awards Ceremony Assistant**

Checking Athlete wristbands as they enter the awards ceremony and assisting with World Championship slot allocations.

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

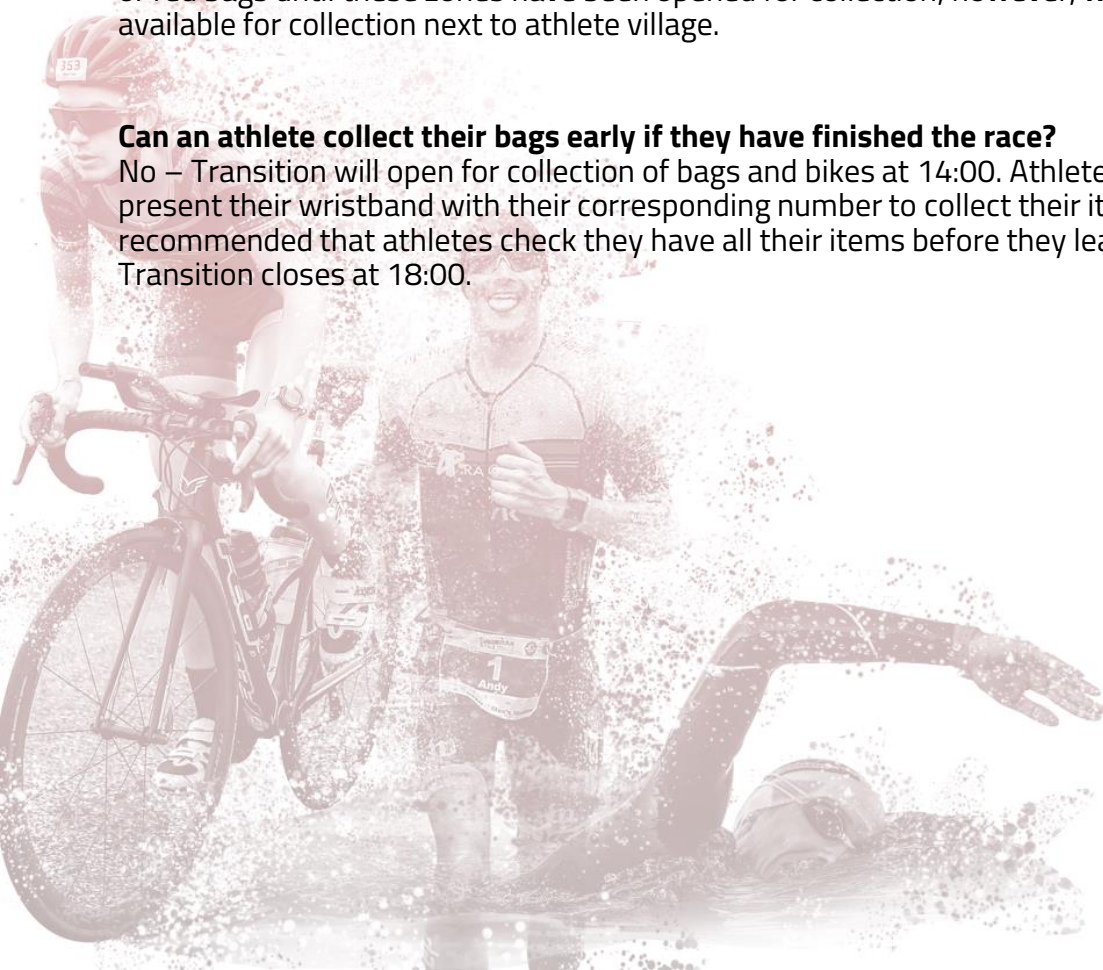
White Bags are for Dry Clothing. Athletes are required to put in any clothes they require for after the race. The white bags will be in the athletes finish area and will be available to collect as soon as they finish the race.

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 14:00. 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 18:00.



FAQ'S: SPECTATORS

DIRECTIONS

Registration, Expo & Finish Line:

The Pavilion, The Esplanade, Weymouth, DT4 8ED

Swim Start & Transition:

Lodmoor Country Park, Weymouth, DT4 7SX

By Train: The nearest mainline station is Weymouth. PLEASE NOTE: there are planned rail works over the event weekend resulting in bus replacements from Wareham to Weymouth, please see further details [here](#).

By Bus: There are various buses to Weymouth town centre depending on where you are coming from. Please see [here](#) for bus routes.

PARKING

There are numerous public car parks in and around Weymouth to use during the event week. Please make sure you familiarise yourself with what is available and the restrictions that will be in place.

On race day, we encourage people to walk to the town and event venues where possible to experience the racing. If you do drive, please consider the following:

Preston Beach Car Park, Preston Road, DT3 6HS

This car park is located next to Lodmoor and will be available to park pre-event day. On race day, this car park will not be available.

The Pavilion Car Park, The Esplanade, DT4 8DZ

There will be limited parking here pre-event day and no parking at all on race day.

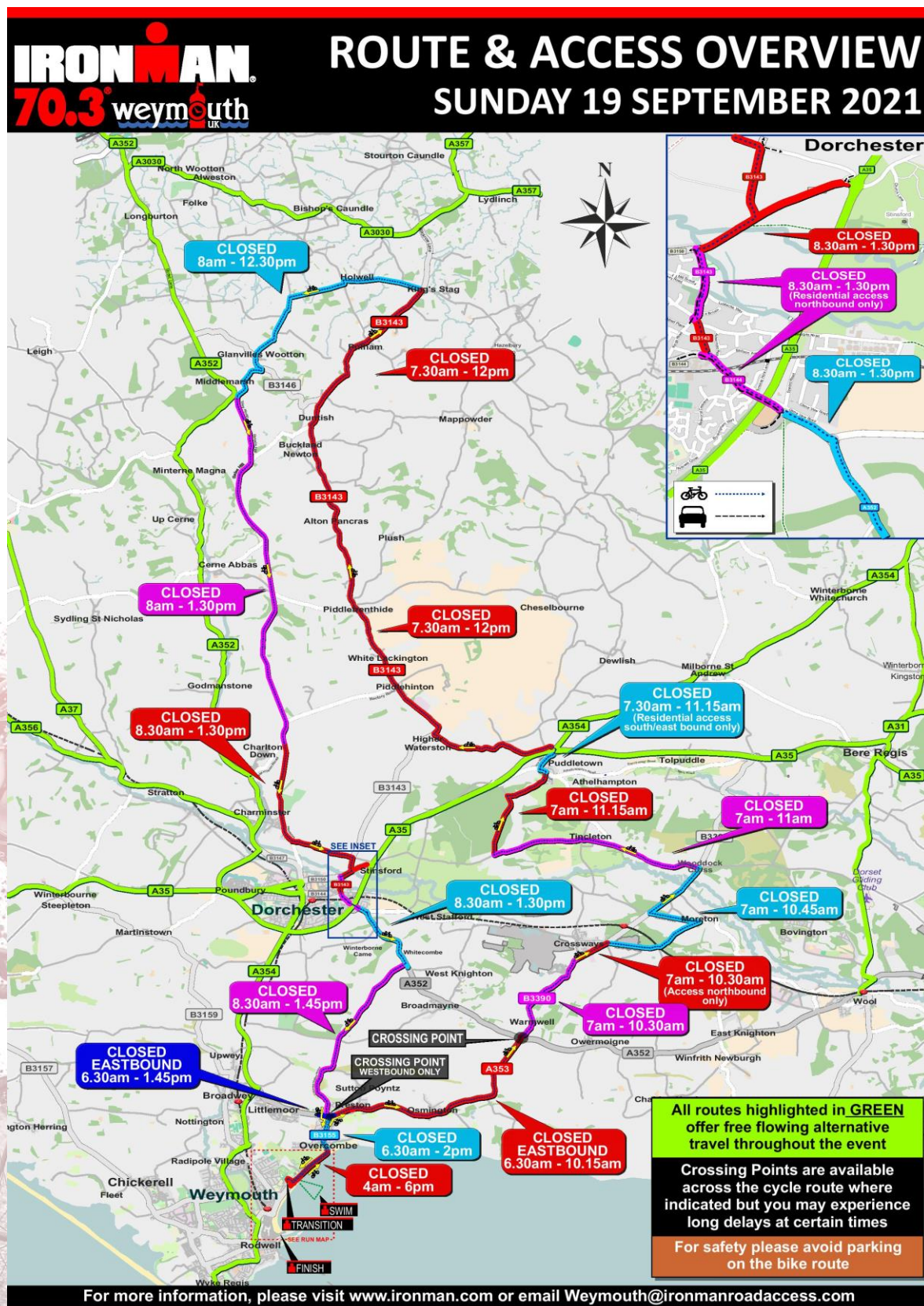
Swannery Car Park, DT4 7TY

This is the largest car park in Weymouth and is open 24 hours. It is a 15-20 minute walk to both the start and finish areas.

Overcombe Car Park, Herone Close, DT3 6SX

This car park is also open 24 hours.

ROAD CLOSURE INFORMATION



For more information, please visit www.ironman.com or email Weymouth@ironmanroadaccess.com

ROAD CLOSURE INFORMATION



SWIM MAP

IRONMAN
70.3 weymouth

SWIM COURSE
1 loop
course distance - 1.2 mi

RŌKA

IRONMAN
EUROPEAN SERIES

OFFICIAL GLOBAL SWIMWEAR PARTNER

Weymouth Bay

Transition

START

Melcombe Ave

Greenhill

0 mi 0.2 mi



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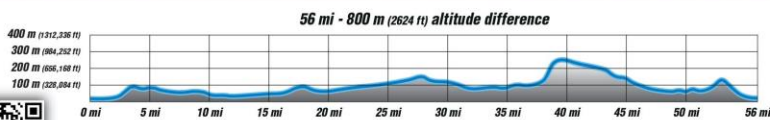
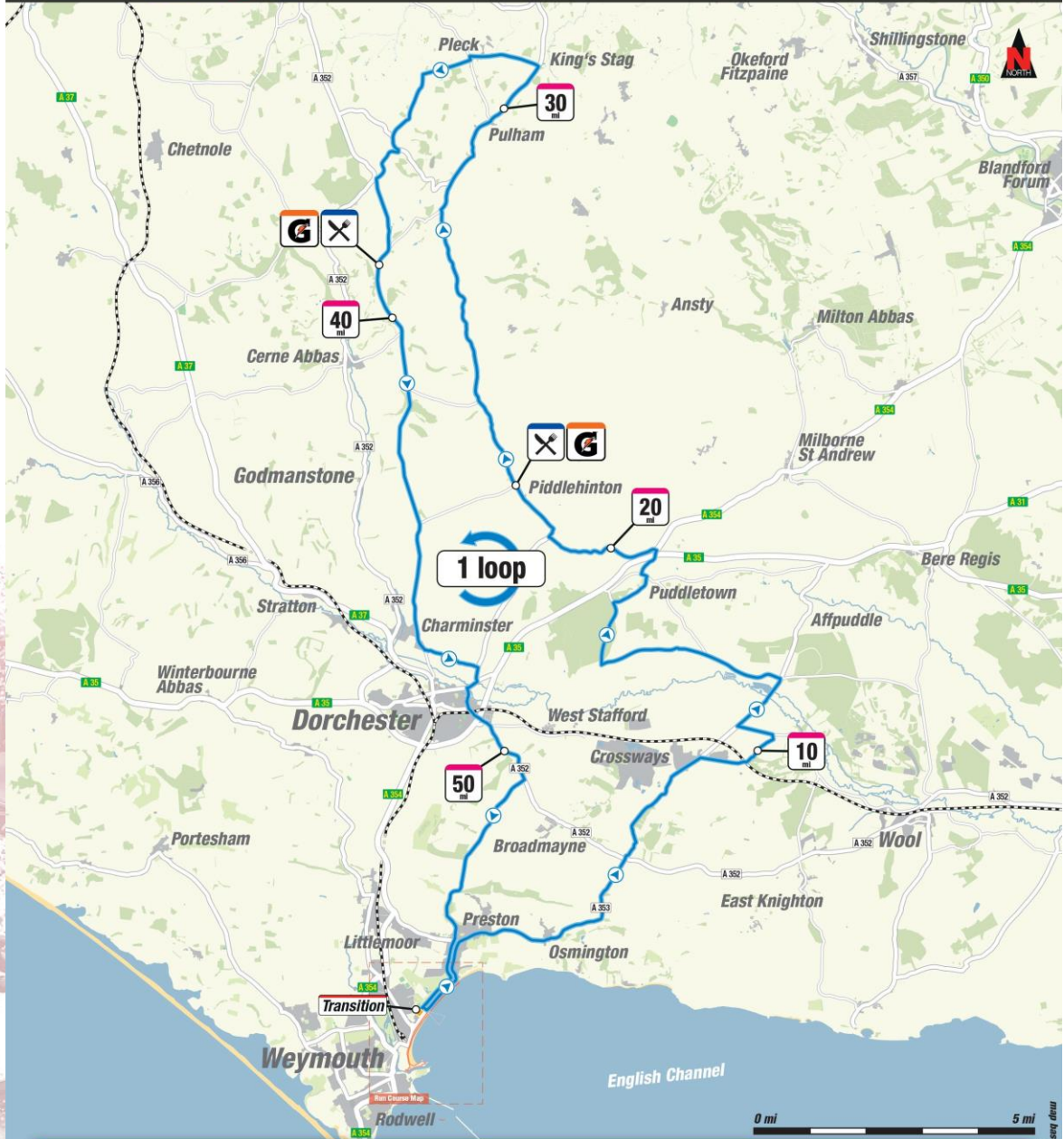
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BIKE MAP

IRONMAN
70.3 weymouth

BIKE COURSE
1 loop
course distance - 56 mi



Swim course
Bike course
Run course

20 Miles



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map data © OpenStreetMap contributors

RUN MAP

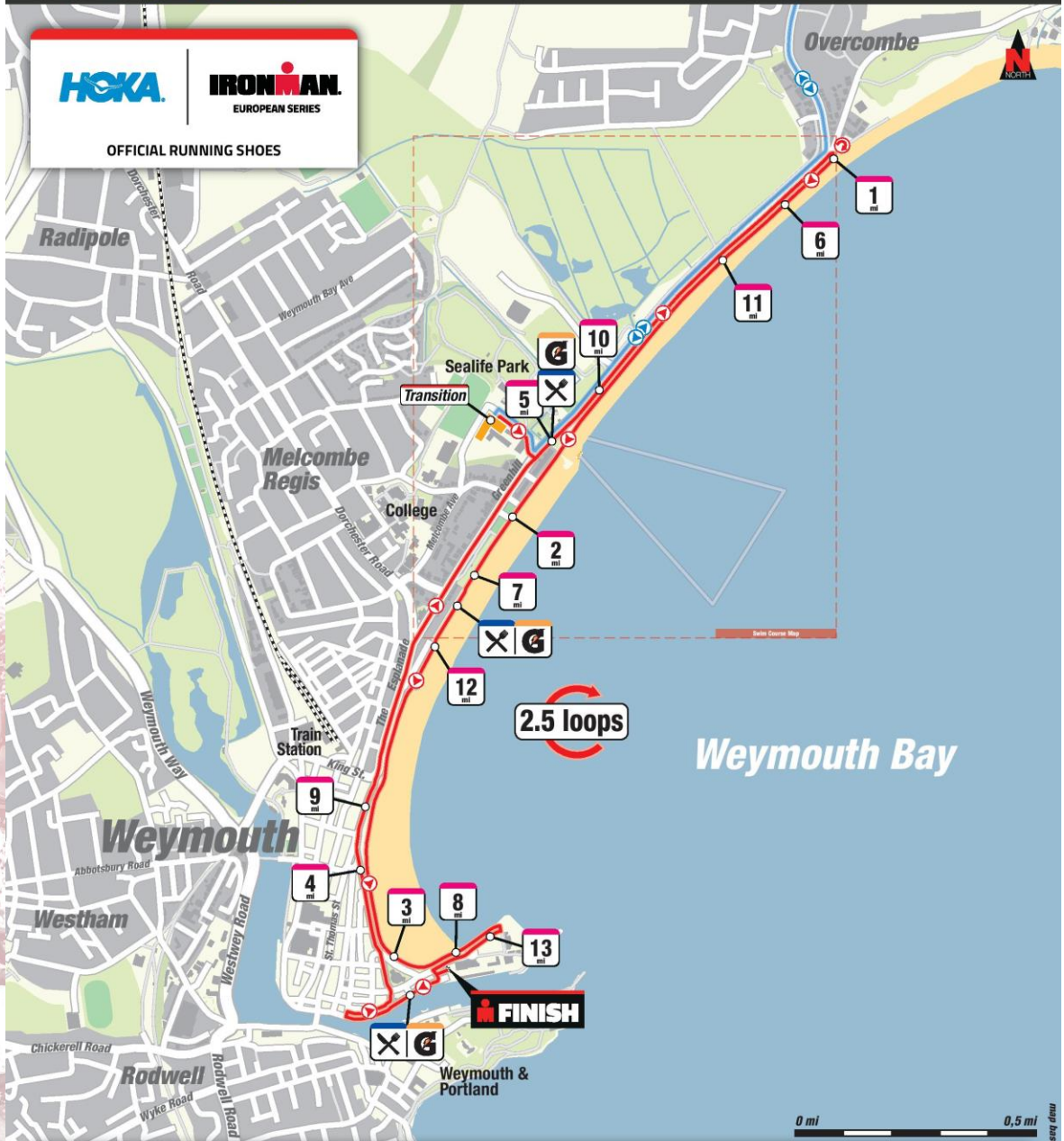
IRONMAN
70.3 weymouth UK

RUN COURSE
2.5 loops
course distance - 13.1 mi

HOKA

IRONMAN
EUROPEAN SERIES

OFFICIAL RUNNING SHOES



40 m (131 ft)
30 m (98 ft)
20 m (66 ft)
10 m (33 ft)

13.1 mi - 50 m (164 ft) altitude difference

0 mi 2 mi 4 mi 6 mi 8 mi 10 mi 12 mi 13.1 mi

Swim course

Bike course

Run course

6 Miles

Feed station

Gatorade



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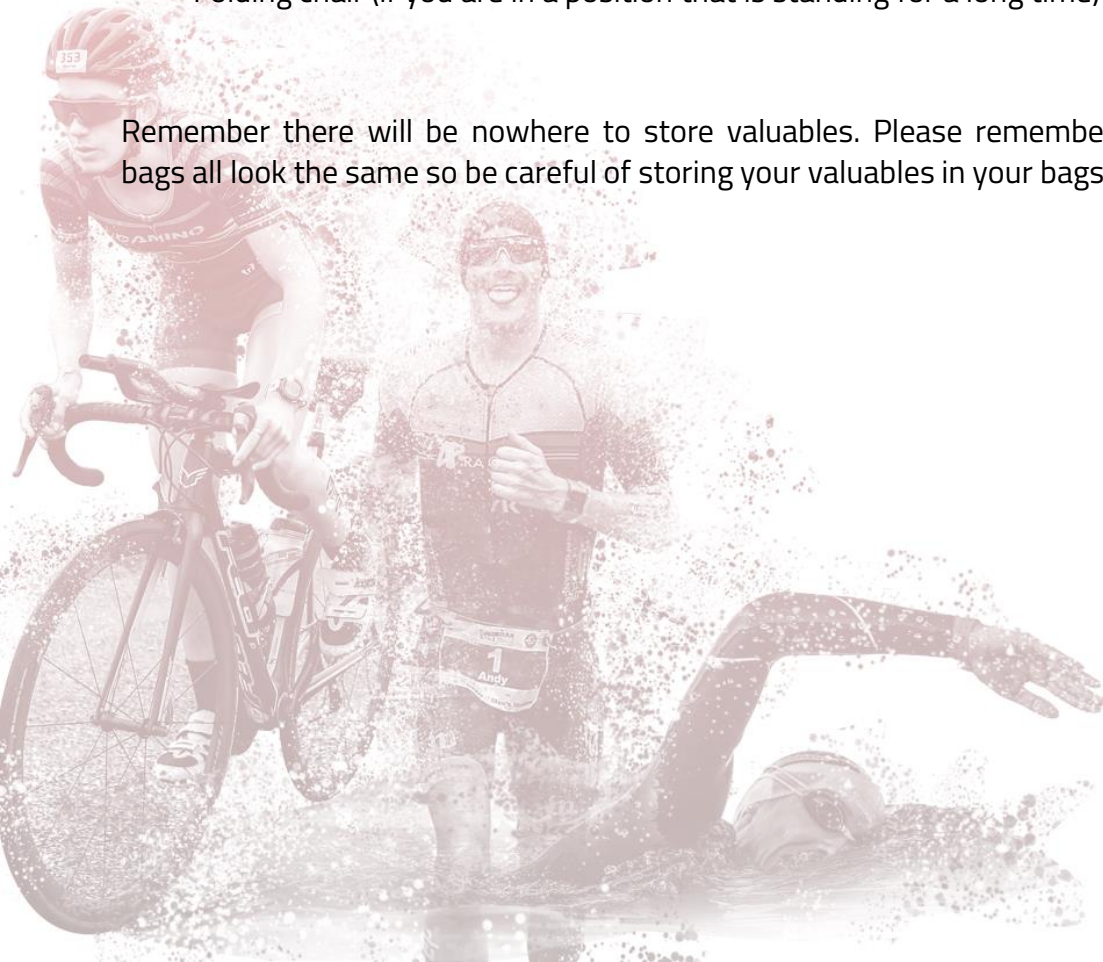
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YOUR PERSONAL CHECKLIST

Your Personal Checklist: to ensure an enjoyable volunteering experience.

- Volunteer pack & documents (if applicable)
- Enough food/water to last your shift (your own packed lunch e.g. sandwiches, snacks, fruit etc.)
- Fully charged mobile phone and portable charger (if you have one)
- Appropriate clothing for the weather (come prepared for a sudden change in weather!)
- Comfy (and waterproof) shoes
- Sun-tan lotion, cap, sunglasses, and umbrella
- Notepad and pen
- Face mask and hand sanitiser (you will be provided both but please bring your own if you would prefer)
- Folding chair (if you are in a position that is standing for a long time)

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

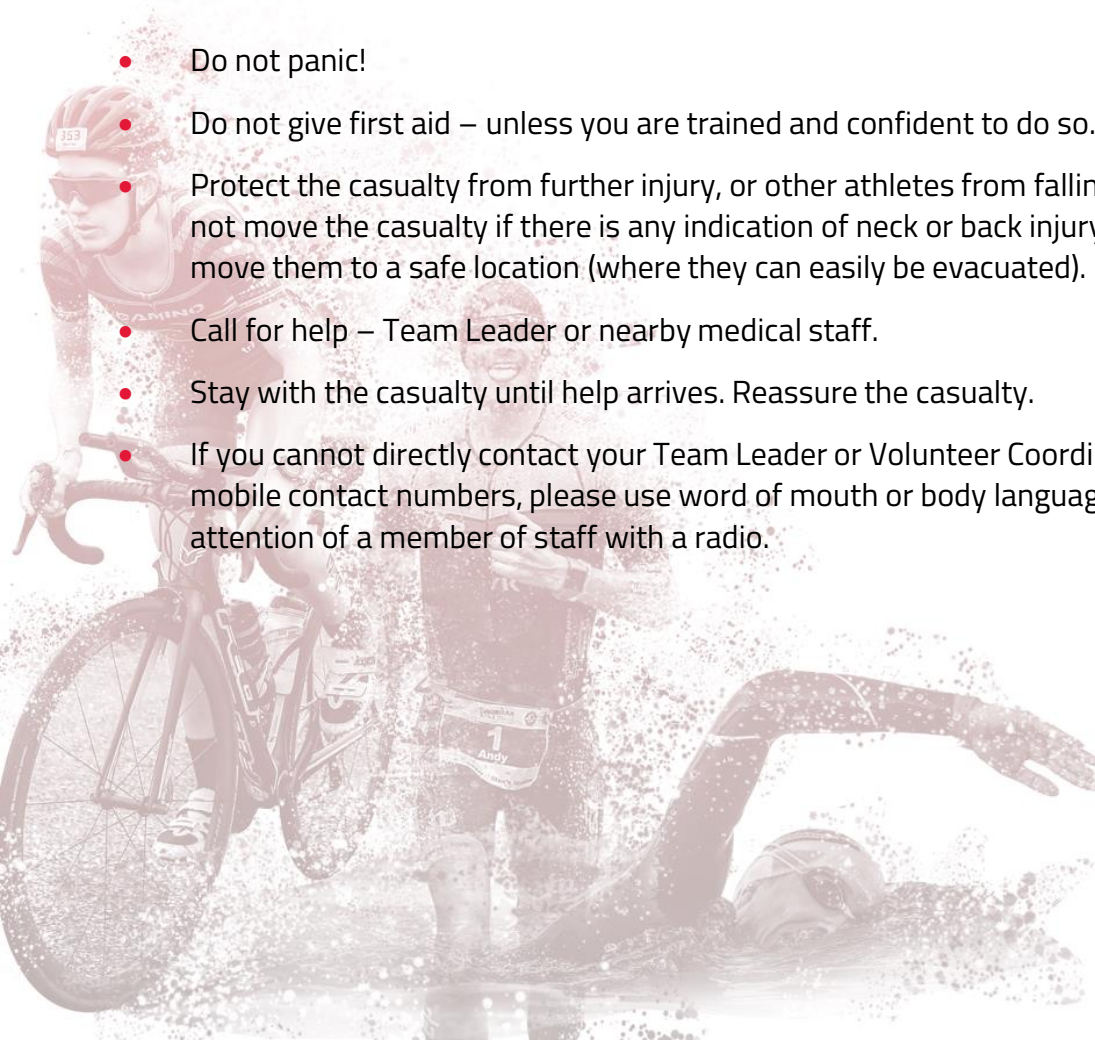
Athletes should also pass-through feed stations slowly, so to avoid any incidents with athletes, staff, or volunteers.

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).

Feed station volunteers will receive an additional manual for this role.

Medical Information

- 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 or nearby medical staff.
- Stay with the casualty until help arrives. Reassure the casualty.
- If you cannot directly contact your Team Leader or Volunteer Coordinator via their mobile contact numbers, please use word of mouth or body language to draw the attention of a member of staff with a radio.



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 **#IM703WEYMOUTH** and send us any pictures from your time volunteering with us!

- **Facebook:** IRONMAN England
- **Facebook:** IRONMAN Volunteers UK & Ireland

