



IRONMAN VOLUNTEER JOB DESCRIPTIONS – SUMMARY

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 containing athletes BIB, stickers and swim hat. A full briefing will be given on this role before use of the tablet commences. Working in a pair you will either be checking in athletes using the electronic tablet or handing out the bags.

Swim Practice Assistant

To ensure that all athletes at Swim Practice have their wristband, swim cap and wetsuit before entering the water. Volunteers are required to check athletes into the water and back out again following swim practice. You are likely to get wet doing this role.

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. Being vocal is necessary in this role.

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 + Bag Check-in Assistant (including timing chip handout)

To check that Athlete's wristbands and stickers are correct upon entry to the transition area when checking in their bikes and bags on the Saturday ahead of race day. This role will be done alongside race referees who will check the athlete's brakes are in working order. You may be asked to walk athletes to their bike position. Athletes will hang, place or rack their own bags depending on the set-up of transition.

Ensuring that all athletes receive the correct timing chip as they leave the transition area the day before race day. This role will be done via electronic tablets and volunteers will receive a full briefing from our timing company.

Transition 1 General Assistant

Assisting athletes finding their way around the transition 1 area and making sure the tent is clean and free of hazards. Ensuring no athletes are breaking the rules and becoming nude outside of the changing area. General welfare of athletes if they pull out of the race or do not make the swim cut off.

Transition 2 General Assistant

Assisting athletes finding their way around the transition 2 area and ensuring the tent is clean and free of obstructions/hazards. Ensuring no athletes break the rules and become nude outside of the changing area. General athlete welfare if athletes pull out of the race or do not make the bike cut off.



Finish Line General Assistant

Working on a rotation basis of 4 roles, including medal handout, foil blanket handout, water handout, and timing chip collection. Please note, for timing chip collection you will be required to bend down and retrieve the timing chip from the athlete's ankle for them.

Athlete Village General Assistant

Working on a rotation basis between 4 roles and ensuring the smooth running of the athlete village area. Roles include: Athlete Village Host, T-shirt hand out, preparing refreshments and white bags (in some locations).

Run Course Marshal

Directing athletes along the Run Course and assisting with Athlete welfare when necessary (ie. With dropouts and injuries). Ensuring that pedestrians are crossing the course at the designated crossing points and supporting athletes as they run past.

Bike Course Marshal

Directing athletes along the Bike Course and assisting with Athlete welfare when necessary (ie. With dropouts and injuries). Ensuring that pedestrians are crossing the course at the designated crossing points and supporting athletes as they cycle 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.

Lap Bands Station (Only full distances)

Handing out different coloured bands to athletes as they complete each lap of the run course. For some races athletes will have up to four different coloured bands to indicate how many laps they have done. It is the athlete's responsibility to collect the correct wristband.

Personal Needs (Only full distances)

Sorting athletes personal needs bags into order and assisting athletes to locate their bag on the bike and the run. Personal needs is an additional bag athletes can use and is not mandatory.

Awards Ceremony Assistant

Checking Athlete wristbands as they enter the awards ceremony and assisting with World Championship slot allocations. Please note that to do slot allocations you must be comfortable using an electronic tablet.