



Volunteer Guidelines

Keeping kids and volunteers safe

General:

- Volunteers should never go to a secluded or private area alone with a child. Stay where other people can see you at all times. If your runner needs to use the bathroom, go in a group or find their family member.
- Maintain appropriate boundaries with children: no close physical contact, lap sitting, or physically moving a child. We encourage high fives, fist bumps and if a child initiates a hug, you can receive the hug 😊
- You may share pictures on social media, but please do not use any names of kids (if you do post, please use #KIA5K).
- Please don't share your personal contact information with children. If a child would like a photo you have taken, send it to us and we can facilitate sharing it.
- Stay away and do not go in the water at Rundle Park or on the race route.
- If there is a problem during the race, please talk to the nearest KIA staff. They are wearing PURPLE t-shirts. If there is no staff member nearby, please call Alex at 780-863-2018. There will be a staff cyclist on the course with a first aid kit. First aid is also available at Picnic Site #5 (at the tent) and at the on-course water station. If you encounter a life threatening emergency, please call 911 and then call Alex immediately at 780-863-2018. You will also find this information on the reverse of your race bib (if you are a runner).

Start/Finish Race Site:

- Please stay at the Picnic Site. Do not take a child to the playground nearby. We will have a variety of sports equipment and activities available to keep kids occupied after the race and we want them to cheer the other kids on!

On the race route:

- Please follow orange markers, signage and race marshals along the race course.
- Do not carry any kids; encourage them to walk until they recover and then continue running/walking to the end.
- If your kid outruns you, encourage them to keep going. We have extra runners along the course and we do not want to hold anyone back. We ask all runners to support all kids on the route!

In general, if in doubt, find a KIA staff (in PURPLE t-shirts).

Thank you!