



2018 REXALL ONE WALK TO CONQUER CANCER DAY EVENT

Saturday September 8th 2018

Crew Teams

Advance Teams

Route Marking: Works on Friday through Saturday in teams of two to mark the route with directional signage, pick up signage after route has closed, and repair signage as necessary. Great opportunity to see the whole route. Ideal for former Walkers but not mandatory. ***Must be available Friday, September 8th (daytime)*** and able to drive a vehicle. Valid G License required, please provide scanned and printed copy to the on-event Vehicle Coordinator.

Operation Teams

Traffic & Safety: Responsible for managing vehicular and pedestrian traffic into and out of Opening Rally, and finish line. Directs people to appropriate parking areas and allows only Event vehicles into designated parking areas. Enforces parking plans established by the Logistics Team. Also this team will help radiate positivity throughout the event with cheering and encouragement. Ideal opportunity to see the Walkers. *Low impact.*

Road Teams

One Stop & Refresh Station: Essential functions include the daily set-up of snacks and hydration areas. Also required to help with traffic control at each rest stop location. Inventory supplies at the end of each day. One Stops offer snacks, hydration and medical services, Refresh Stations offer the same services except for medical. *Some lifting required.* This is a great job for Crew Members who want a lot of contact with the Walkers! ***Drivers for the trucks are needed (15' truck).***

One Stop Closure Assistants: Assist Pit Stop Crew along route and assigned closure locations. Ensuring leftover snacks are picked up, ensure site is clean on our departure and other closing duties. Work with Pit Stop Crew teams to close Pit Stops on schedule.

Bus Liaison: Works closely with staff, participants and the bus driver. Acts as a navigator and communications assistant to transport Crew and tired/injured Walkers forward from One Stops. Communicates often with the Dispatch Team. Sitting for long periods of time while riding on the bus.

Snack Support: This team assists in the distribution and replenishment of snacks needed for each of the Route Stops. Will also pick-up leftover snacks at the end of each day, as needed. The existing Crew Teams at each stop will assist with the unloading and reloading of supplies throughout the day. The team works closely with Dispatch staff to be certain that all Route Stops have sufficient hydration & snack supplies each day. *Lifting required. Drivers for the trucks are needed (18' truck).*

Participant Experience Team: Responsible for enhancing Participant experiences by handing out goodies, chatting with Participants, manning cheering stations, adding spice to the route! Must be people oriented, very outgoing and active! *Some lifting may be required.*

Sweep: This team drives the route in vans or SUVs patrolling sections of the route for Walkers who need to be picked up. This team is a group of event support vehicles who will help Walkers if needed as they go. Also encouraging the Walkers, the whole way with music and decorations. *Some lifting required. Encouraged to provide own SUV or Mini-Van, must have drivers license and proof of insurance.*

Green Team: This team is responsible to ensure the route and all route stops/event sites are restored to their original condition prior to our arrival the team will travel the route each day and stop at all Pit Stops to collect all prepared bags of waste for removal. Ideal for 'Green Minded' people. *Some lifting required. Drivers for trucks are needed (24' truck).*

Lunch: This team is responsible for the set-up, operation and take-down of the lunch area in conjunction with the Catering professionals who transport the lunches to the site. Specific tasks include distributing lunches, distributing drinks, controlling vehicle traffic and cleaning up the lunch area. *Some lifting required. Driver for truck needed (24' truck).*

Caboose: This team follows the first and last Walkers on a bicycle to ensure that Walkers stay on the established route and receive assistance as needed from the Sweep and Medical Teams. Maintains constant communication with the Dispatch team. *Each individual must provide their own bicycle and be willing to ride for the duration of the day.*

Taxi: This team works closely with staff to transport Participants and supplies as needed. Duties could include urgent participant transportation, picking up supplies for distribution or transporting items between venues **Required** to provide own vehicle, copy of driver's license and proof of insurance.

Specialty Teams

Medical: Comprised of a variety of medical professionals, this team provides all first-aid medical services to participants at Opening Rally , One Stops, and will provide emergency service where necessary until local EMS/Paramedics arrive on scene. Medical Team will be screened as necessary for appropriate experience and training. *All Medical Team members must provide proof of their Medical License and Insurance.*

Route Medical: This group is a part of the Medical Team and they provide first aid and medical support at each of the Stops along the route. Will manage any emergency situations that arise, until local emergency medical services arrive on the scene. *All Medical Team members must provide proof of their Medical License and Insurance.*

Massage: This team provides essential massage services to participants during the event. Ideally, massage therapists will be experienced in sports massage, with at least 200 hours of experience. Services will be offered at the Finish Line. *Massage crew must bring their own massage table. Proof of certification or student status is required.*

Road Team: works with Dispatch staff and local law enforcement to guarantee safe passage for Walkers during the route. Members on this team can assist either on their Motorcycle or Bicycle. The team will be along the route interacting and keeping all walkers safe. They will be assisting at difficult intersections and other locations as requested. **Required** to provide own motorcycle/Bicycle and helmet!

YOUR NEXT STEPS

1. Call your Crew Coach at 1-877- 699 -2453 for clarification or more detail on any team.
2. Complete and return your assignment form OR email your choices to avrzovski@conquercancer.ca
3. Challenge yourself to fundraise and start reaching your goals!