

Are you looking to marshal but have never done so before? If so, please take a look below and see what Big-Cow Events marshalling is about!

Please bring: Warm clothing, Rain wear, Sun cream (you never know), An additional drink, your mobile phone (key contact numbers will be supplied) and an extra layer of clothing (useful to loan to any stopped competitor).

On arrival to the venue: Please check in with Race HQ. You will be given a high vis jacket and a final event briefing from the Crew manager and your contact details will be double checked. The main responsibilities of all marshals are:

- To facilitate the smooth running of the event, ensuring the health and safety of yourself, the participants, race support staff and general public in the vicinity of your marshalling point. This requires the provision of early, prominent and unambiguous hand signals; warnings, verbal or whistle if appropriate of potential hazards e.g. potholes, curbs, and slippery surfaces, unsighted approaching traffic, etc.
- To be familiar with the venue and the course (please read the race guide) so you will be prepared to answer questions from competitors and spectators, or to point them towards somebody else that may be able to answer their query. Please always remain calm and polite.
- To wear your high vis vest at all times, not only for your safety but also without it you have no official status.
- To be supportive to all participants – please provide cheerful encouragement.
- To report any safety incidents, or infringements to the Race Director as soon as possible.
- To please pick up any race related litter you find. If you see intentional littering by any of the participants, please record their race number and report them to the Race Director.
- To give any feedback on anything that you think could be done better in the future.
- To assist in the pack down of the event village or stations on course as advised by the crew members.

You are NOT THERE to:

- Direct the traffic. As a marshal you can advise traffic, but you have no legal powers to stop traffic. This is rarely a difficulty since the vast majority of drivers are extremely patient and co-operative in response to a cheerful, common sense attitude. Should it be your misfortune to meet the awkward exception, keep smiling and avoid confrontation. If needs be, note the registration number and report it immediately to Race HQ.
- To take abuse from the competitors or their supporters. Please remember to remain calm and polite but report any abuse to the Race Director, with the relevant race number (if applicable), and action will be taken.

At the end of the race: You will be relieved of your marshalling duties by the sweep marshal after the last competitor has passed your point. Please don't abandon your post before that time, if in doubt contact Race HQ. Please return your radio (if applicable) and high vis vest to the crew manager.

Directions given will be in the perspective of the athlete not the marshal.

We require every marshal to meet at the venue the day before the event at a time specified by the event team unless otherwise stated.

All marshals will be paid £40 upon completion of 5 hours work unless otherwise stated.