



## GUIDANCE FOR MTB east MARSHALS

**Main Contact Name:**

**Emergency Mobile Number:**

**Time of arrival:**

**Meeting place:**

Please collect Hi Vis Jackets / Flags / Radio etc... as directed. You will be allocated to a marshalling point.

**Marshal point arrival time:**

**You can leave the marshal point at:**

### **Race day schedule:**

08:15 - Under 7s, 9s and 12s course open for practise  
08:40 - Course closed - Under 7s go to the start  
08:45 - **Under 7s - (M + F)** race (7 min) +1 lap  
09:05 - **Under 9s - (M + F)** race (13 min) +1 lap  
09:35 - **Under 12s - (M + F)** race (18 min) + 1 lap  
10:00 - Main Course open for practise  
10:10 - Course closed to start a new lap  
10:30 - **Elite - F/S1 - F** race (1 hr) +1 lap  
10:45 - **U14 - F/U16 – F, Fun - (M + F)** race (45 min) +1 lap  
11:40 - Course open for practise  
11:50 - Course closed to start a new lap  
12:10 - **U14 - M/U16 – M, S2 - M** race (45 min) +1 lap  
13:20 - **Elite – M/S1 - M** race (1hr) +1 lap

### **Marshalling an Event:**

The role of the marshal is very important, and if done correctly helps to keep the riders and members of the public safe.

- Marshals must ensure that they are clear on the expectations of them and that they can use any equipment competently and should ask the person in charge if they need guidance.
- Marshals must wear hi-vis jackets at all times.
- Marshals must verbally warn competitors of any hazard that they can see on the track, e.g. a log or if a competitor has fallen and may be out of sight of the approaching riders.
- Marshals must stay at their assigned point unless given permission to move by the person in charge.
- Marshals should also alert any pedestrians, horse riders, dog walkers or leisure, cyclists to the presence of the race and politely ask them to take another route.
- In the event of an accident that needs medical assistance, marshals should radio through to the person in charge, giving as much information as possible regarding their location and the nature of the incident. First aid and assistance will be dispatched quickly.
- Marshals must not put themselves in danger or enter the course if not safe to do so. Marshal safety is a priority!

Thank you for volunteering to assist.