



Volunteer For Us

This information sheet is designed to give you a little bit more detail on what is involved in becoming a volunteer so that you know what to expect. If you have any questions, then you can always email us on info@nice-work.org.uk and one of our friendly team will be happy to help!

What does a volunteer do?

This depends on which role is assigned to you but in general terms, our volunteers are responsible for helping to deliver a safe and fun race day for all our runners.

Which volunteer roles are available?

General volunteer... As a general volunteer you could be working as a marshal directing runners around the run route, marshalling car parks, or on the finish line or on a water station. You will be assigned wherever the Race Director most needs resource.

Customer services volunteer... Amongst other race day tasks, you'll be meeting and greeting runners, answering their queries, and helping to direct them to Race HQ or First Aid etc.

Registration volunteer... You will likely be based at the registration table at Race HQ and will help the team sell on-the-day entries, hand out race numbers, chip race bibs and sell/hand out t-shirts etc

Green volunteer... Working predominantly at Race HQ, you will be responsible for sorting recycling, running a clothes swop stand and ensuring that we leave nothing behind but our footprints!

All volunteers will need to be aware of the location of all available toilets, car parks, first aid tents, registration and lost children points etc. You will need to respond to any directions given to you by police/emergency services and/or marshal supervisors.

What times will I be needed?

This will be outlined in your pre-race briefing documents and will depend on the time that the race starts and the distance it covers. However, generally speaking, you can expect to arrive on site between an hour and half an hour prior to the start of the race and will be stood down shortly after the race by your race day lead. This may be a lead marshal or the Race Director.

Will I need training/kit?

All volunteers will receive pre-race instructions prior to race day so that they know what to expect. They will also be given on-site briefing from one of our race team staff members on the morning of the race. We will provide all our volunteers with hi-vis vests on their arrival at Race HQ... but we ask that you remember to return them before you go home!

Do I need to have particular levels of fitness / health?

As a volunteer, you certain duties may require you to be on your feet / standing for an extended period or walking to an agreed point on the race route. You will need to be physical fit enough to manage this. However, if you are unsure, then please don't hesitate to send us an email to the above email address.

As a volunteer, you will need to understand your responsibility towards the health & safety of all those participating in the event, and will need to be physically able to assist/advise any of the member of the public quickly and, in the event of an emergency, take necessary and immediate action.

Will I need to bring anything on the day?

All volunteers should bring a hat and sunscreen if the weather is warm and suitable clothing if the weather is cold and / or wet. If you are assigned a marshalling position for a particularly long race (eg: marathon) then you may want to bring a picnic chair! We also encourage all marshals to bring anything that will help encourage our runners – silly hats, tambourines etc are all encouraged. Although water and Jaffa cakes (or something similar) will be available at Race HQ, you may want to bring your own drinks snacks/packed lunch especially if the race is in a rural location and the race is of a longer distance.

As a person with a disability, will I be able to volunteer alongside my support worker/personal assistant?

We are committed to ensuring that everybody has equal access to volunteer. This means that if you require a reasonable adjustment to be made as a result of your disability and so that you can carry out your role as a volunteer, then we will make every effort to provide this.

What do I need to become a volunteer?

To be 18 years or older

Your own transport

A fully charged mobile phone

To be a morning person!

W3W downloaded onto your phone (preferable, but not necessary)

To be of reasonable fitness and in good health; you will mostly be on the move and outside for the duration of the race.

A friendly and helpful disposition.

Ability to work as part of a team and take instruction.

What will I get in return for my volunteering efforts?

All the resource you will need to help deliver a super race day.

£25 of Nice Work credit per race to redeemed against any Nice Work merchandise or race.

An invite to volunteer socials.

An opportunity to volunteer in some amazing locations and enjoy the buzz of a fantastic race day!

How do I sign up?

Visit the 'Become a volunteer' page on our website and click on the link 'Register to become a volunteer'. You will be asked to complete a short questionnaire which will help us find volunteer opportunities from your area and in a role that best suits you. The questionnaire won't take very long and any information provided will be kept entirely confidential; we will not share it outside of Nice Work and it will only be used for the purpose of offering you a volunteer opportunity, providing you with any pre-race details you might need and ensuring that we can contact you (or your specified contact) if there is an emergency on race day. But, we hope this won't be necessary!

I still have questions. How do I get in touch with Nice Work?

You can email us at any time at info@nice-work.org.uk and we would be happy to help you!

Thank you for taking the time to read our information sheet on becoming a volunteer.
We're excited to meet you and hope to see you on the start line of a Nice Work race very soon!