



HILLINGDON
LONDON

Parkrun Marshal Volunteer

Role/Purpose:

To help guide the juniors to go the correct way for the Parkrun.

Role Description:

Marshals at junior parkrun events are positioned no more than 100m apart and maintain line-of-sight to the next marshal. Marshals perform a variety of tasks which include giving directions, ensuring safety on the course and cheerleading.

Commitment & Location:

Lake Farm Country Park

Qualities & Experience:

- Experience with children
- Energetic personality
- Observational skills

Main Responsibilities:

- Stand along the side of the Parkrun route no further than 100 metres away from the next Marshal and guide the children to go the right direction
- Check with any children who appear unwell or need first aid and direct them to the correct person if needed
- Cheer on the junior runners as they go past you
- If any hazards appear on the route, quickly and safely move them away

Training:

No formal training required

Benefits:

- Learn new skills and build confidence
- Meet and connect with new people
- Develop a sense of community with the team

How to Apply:

A H4ALL application form must be completed.

To obtain an application form:

- Visit www.h4all.org.uk and download or print an application form
- Email volunteerhub@h4all.org.uk or call 01895-676-111 to request an application form to be sent to you by email or post

Send your fully completed application form

- by email to volunteerhub@h4all.org.uk

OR

- Post to H4All, Volunteer Development Team, Key House, 106 High Street, Yiewsley, UB7 9BQ

