

CANADIAN BIRKEBEINER VOLUNTEER SAFETY INFORMATION

On behalf of the Canadian Birkebeiner Society, thank you for taking the time to be a part of something as special as the Birkie. This is the Birkie's 22nd Birthday, and it remains popular with veteran skiers and volunteers and new recruits! Without question, the Birkie would not be what it is today without the dedication of our volunteers. All activities have risks associated with them. To ensure you have a safe, enjoyable experience as a Birkie volunteer, please read the following information about potential problems that could arise, so that you know how to minimize or eliminate them.

KEEPING WARM

Regardless of whether you work inside or out, be prepared for the weather. The loppet event may still go even if it is very cold.

- Eat a good breakfast in the morning.
- Pack snacks and bring hot drinks in a thermos to keep your energy up and stay warm. To prevent dehydration drink plenty of fluids before you are thirsty.
- Dress warmly. Wear multiple layers of clothing and take them off if you get too warm. Wear fabrics like wool, silk, or synthetics that wick away moisture from your skin. Don't wear cotton.
- Wear a toque. Remember mitts are warmer than gloves.
- Wear warm, roomy, insulated winter boots if you are working outside on race day. Sorels with felt pack liners work well. DO NOT wear light shoes or boots!
- Look for the hand warmers and toe warmers at volunteer check-in if working outside.
- Bring a backpack with extra clothes in case you need them (socks, scarf, mitts, toque, windproof shell, wind pants, etc.)
- Waterless hand cleanser dispensers will be at food stations and the festival tent.
- Ask your Chief where the nearest warm place is (e.g. a food station with a heated tent or campfire, a shuttle vehicle) and go there if you are feeling cold.
- Regularly check each other for frostbite.

LIFTING

- Use proper lifting techniques. Do not strain or lift with your back.
- Lift within your limits. Ask for help if it is too heavy, or find another volunteer who is able to lift comfortably.

OTHER RISKS

- Be alert and proactive about eliminating potential hazards e.g. inappropriately placed extension cords. Let your Chief know about the hazard, or if it is safe to do so, deal with the hazard yourself to make the environment safe.
- Sun reflecting off snow can cause serious sunburn. Bring sunscreen.
- When working in the fire pit area, wear good leather gloves to protect your hands. Stay down wind from the fire.
- If you have food allergies, ask about the ingredients before you sample treats.
- If a robbery should take place, hand over the cash with no resistance.
- If you feel threatened, position yourself with something between you and the person that you are dealing with and radio or phone for assistance.
- If you have any questions about this or any other topic, please talk with your Chiefs; they are here to help.

Thanks again for helping out on this big day. Without your support and continued assistance, we wouldn't be able to run a successful Birkie event.