

hbf run
FOR A REASON

Volunteer Guide

Volunteers supported by **hbf**
physio by Life Ready



Proudly supported by





Pack Collection Volunteers

Date

Teams Pack Collection Thursday 16 May: 3pm - 7pm
Friday 17 May: 8am - 7pm
Saturday 18 May: 8am - 1pm

Please refer to your emails for the exact date and time you are scheduled to volunteer.

Location

HBF Stadium - Main Arena

100 Stephenson Ave, Mount Claremont WA 6010

Shift briefing

Please arrive at least 15 minutes before your scheduled shift time for a short briefing.

Getting there

Entry to HBF Stadium is off Stephenson Avenue in Mount Claremont. Public transport services to HBF Stadium are via bus number 28. The bus stop is located within the HBF Stadium car park. For more info: www.hbfstadium.com.au/visit/getting-here.

What to wear

- HBF Run for a Reason volunteer top (supplied to you at your shift)
- Comfortable pants
- Closed in shoes

What to bring

Please be mindful that there is limited storage for personal belongings, only bring your essentials:

- Water bottle and snacks
- Phone

Questions

Volunteer Coordinator

Cathy Hoare
volunteer@hbfrun.com.au
6333 0330 or 0419 045 860



Event Day Volunteers

Date	Sunday 19 May 2024
Location	Depending on the position you have been allocated, you'll have a different check in time and location. These will be provided to you at the volunteer briefing and via email.
Briefing	HBF Stadium - TBC 100 Stephenson Avenue, Mount Claremont WA 6010 Thursday 16 May 5pm - 6.30pm
Volunteer pack	Your volunteer pack will be available to collect at the briefing. If you're not able to make it to the briefing, you can collect it at Pack Collection. Alternatively, please email volunteer@hbfrun.com.au . *If you're part of a group, please check collection arrangements with your leader.
What to wear	<ul style="list-style-type: none">• HBF Run for a Reason volunteer top, hat and lanyard (provided to you at the briefing or pack collection)• Comfortable pants• Jacket• Sneakers
What to bring	<ul style="list-style-type: none">• A small backpack or your HBF Run for a Reason Volunteer backpack (you'll need to keep this on you so make sure it's not too heavy)• Your phone• Water and snacks
How to get there	Plan your journey with Transperth Journey Planner
Questions	Volunteer Coordinator Cathy Hoare volunteer@hbfrun.com.au 6333 0330 or 0419 045 860

Start map



A spectator shuttle bus service is available on Event Day for spectators wishing to travel to Gloucester Park to meet family and friends. Buses will operate on event day, please follow signage where dedicated departure points will be clearly marked. Plan your journey with [Transperth Journey Planner](#).

Finish map Gloucester Park

- Information
- Toilets
- First Aid
- Shuttle Drop/Pickup





Event day information

Be sure to read this before the event so that you're able to assist participants with any questions they have on the day.

Distances

There are 3 distances: Commbank 4km | Specsavers 12km | Brooks Half Marathon

Start line

All distances start in the heart of the CBD at the corner of Hay Street and William Street.

Start groups

Participants are assigned a bib colour depending on the distance they have entered and the time they expect to take to complete the course. These colours correspond to the start groups which can be viewed on the start area map.

Getting to/from the event

Participants and volunteers are encouraged to take public transport with additional bus and train services running throughout the morning. Participants have access to free public transport until 3pm on event day provided they are wearing their participant bib.

Participant and spectator shuttle bus loop

To finish line: Shuttle buses will run every 10-15min from Wellington Street to Gloucester Park.

From finish line: Shuttle buses will run from Nelson Crescent (outside Gloucester Park) to Forrest Place and Wellington Street.

Bag drop facilities

Participants can drop their personal belongings off at the City of Perth Bag Drop marquee located at the start area in Forrest Place. Participants are required to collect their belongings before 12pm on event day – no items will be relocated to the finish line.

Participants also have the option to drop their personal belongings off at Pack Collection Thursday 16 - Saturday 18 May. Items dropped off at Pack Collection will be taken to the finish line for collection post event.



Communication at the start line

The start line is a buzz with lots of things happening all at once, it's important to listen carefully to any announcements that are made for your safety and that of participants. Start line volunteers may also be required to provide instructions to participants. More information will be provided at the volunteer briefing.

Flick Your Kit

To keep warm at the start line, we suggest participants wear an old jumper or jacket that they no longer need – they can discard it in the first few km's and Vinnies volunteers will collect the items to provide to West Australians doing it tough.

Medical

If you're feeling unwell, please let your fellow volunteers know so that they're able to get help. If you notice a participant is unwell/injured, please give them a hand and contact Event Officials, a phone number will be provided to you on the day. For emergencies please call 000.

First aid stations are located at the start line, on course and at the finish line – please check the maps for exact locations. There will also be roaming vehicles to assist with any major incidents.

Toilets and drink stations

Toilets and drink stations are located at the start and finish area. There are toilets and drink stations scattered at various points throughout the course too, however they are limited. There are no toilets on the freeway. Please refer to the course map.

Finish line

The finish line is located at Gloucester Park. Once participants cross through the arch they will enter the recovery chute and receive water and a piece of fruit before receiving their finisher medal. The finish area is strictly a one-way street meaning participants will need to keep moving forward and keep this space clear so that everyone can get through safely.

Help make a difference.

Participants can make a big difference by raising money for a charity close to their heart or support one of our hero charities until Monday 30 June. This is community spirit at its best and it's why HBF has been running this event for the WA community since 2010. Scan the QR code to donate.





Meeting up with family and friends

Family and friends can meet participants outside the finish chute in the A-Z meet and greet zone.

Lost children

If you see and/or are approached by a lost child or a parent approaches you saying they've lost their child please do the following:

On course

Please keep the child/parent with you and contact Event Officials immediately. Contact details will be available on your volunteer lanyard.

Finish line

Please take the child/parent directly to the Lost Children tent where event officials will address the situation.

Other activities at the finish line

There is lots going on at the finish line including fun entertainment, food/drink trucks, a massage and recovery zone plus much more. Keep an eye out on the HBF Run for a Reason website as more info will be published over the coming weeks.

Exiting Gloucester Park

There are two exits located off the main grass area. Participants can exit through Gloucester Park main gate onto Nelson Crescent, as well as an exit to the north of track leading onto Nile Avenue, accessing Matagarup Bridge. Refer to finish line map.

Media

If you are approached by the media please direct them to the HBF Corporate Affairs team and refrain from making any comments. Emergency contact numbers will be on your lanyard.

Email contact: corporateaffairs@hbf.com.au

Adrian Watson

(Head of Corporate Affairs)
0419 040 807

Georgia Cameron

(Corporate Communications Manager, Corporate Affairs)
0438 925 050

Hello from HBF Physio by Life Ready!



We're excited to support HBF Run for a Reason in 2024, spotlighting the incredible volunteers behind this event who make it all possible. Our commitment to providing high-quality physiotherapy care and results-driven treatment is reflected in the services we provide.

Everyone is welcome at HBF Physio, whether you're an HBF member or not. Join us at one of our six clinics across WA: Baldivis, Bull Creek, Butler, Midland, Rockingham and Busseton. For eligible HBF members, enjoy a no gap initial general physiotherapy consultation* at one of our clinics.

Discover our specialised services, including Clinical Pilates, Paediatric Physiotherapy, Remedial Massage and Women's and Men's Health Services, and more. Appointments are available six days a week, including early and late options to suit your lifestyle.

**to find out more about HBF Physio
head to hbphysio.com.au today.**

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*For eligible HBF members with physiotherapy extras at HBF Physio. Offer covers an initial general consultation. Not available in conjunction with any other offer. Limit of one per person per calendar year, waiting periods and other exclusions apply. Learn more at hbphysio.com.au

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