

Set Up

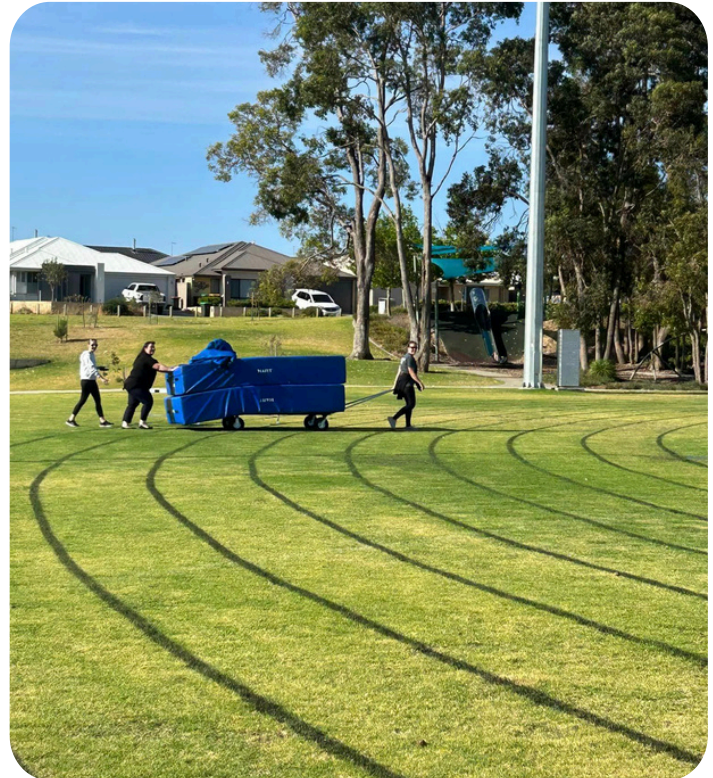
What is a Set Up Helper?

A Set Up Helper is a vital volunteer role that ensures our competition is ready before the athletes arrive. Working closely with a manager, typically a Committee Member, Set Up Helpers assist in preparing equipment such as field event gear, shade tents, hurdles, dragging out high jump mats, and setting up discus nets. This role is perfect for parents with young children, shift workers, or FIFO families, as it allows you to contribute early in the day before the competition starts, making it easier to balance family commitments while supporting the Centre.

What are the requirements to being a Set Up Helper?

- Be available at the oval for a 2:00pm start.
- Assistance typically finishes around 4:30pm, before the competition begins.
- This role involves physical tasks such as setting up equipment for field events, shade tents, hurdles, dragging out high jump mats, and setting up discus nets, so it's important that volunteers are comfortable with the physical demands to ensure the workload is shared evenly amongst the team.
- Be prepared for warm conditions, especially during the hotter months, as the work is outdoors.
- Ability to work as part of a team and follow directions from the Set Up Manager or Committee Member.

Following these steps and maintaining a positive attitude will ensure the competition is set up on time, providing athletes with a smooth and enjoyable experience. Taking too much time may result in delays, causing the day to run longer than expected.



thank you

We hope this guide has provided valuable insights that all volunteers can apply when supporting young athletes at Baldvis Little Athletics Centre. Most importantly, remember to enjoy the experience and help ensure the athletes have fun while participating.

