

Washing

What needs washing?

At our Centre, our volunteers are required to wear a coloured vest, and our athletes wear numbered bibs during the event 'race walk'.

A Volunteers Vest or Walk Bib Washing Helper play a simple yet important role in keeping our athletes' and volunteers gear clean and ready for competition. Helpers can choose to either wash the vests or walk bibs, depending on which they volunteer for. This role requires taking home the vests or bibs after the Friday competition night and returning them either during the week at training or, at the latest, by the set-up time on the following Friday. This volunteer role is ideal for single-parent households with young children, as it can be done from home on alternate weeks. We do try to spread this role around amongst those families who highly benefit from it.

Vests will need to be collected after all have been returned at the end of the competition night, which may lead to a slightly later evening. Alternatively, arrangements can be made to collect them from a committee member's home the following day, depending on their availability. Another option is to pick them up before Monday training, with the expectation that they are returned by Friday. Bib washing, however, can begin immediately after the walk events are completed. The washing process is simple, with the primary focus being to take care of the Velcro on the vests to ensure their durability.

What are the requirements to being a vest or walk bib Washing Helper?

To be an effective Vest or Walk Bib Washing Helper, the key requirements include:

- Commitment to taking home either the vests or bibs on Friday competition nights and returning them before the following competition.
- Washing the vests or bibs properly, making sure to care for the Velcro on the vests.
- For vest washing, you may need to wait until all vests are collected at the end of the night, which could mean staying a little later. For bib washing, you can leave once the walk events are completed.
- Ability to complete the washing and return the items either during the week at training or by Friday's set-up time.
- A reliable, organised approach to ensure everything is ready for the next competition.

This role is an excellent way to contribute to the Centre with minimal time commitment, and it fits well for families who need a flexible volunteer opportunity.

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.

