

FLAG PERSONNEL

REMEMBER: Riders are counting on you for their safety!

RESPONSIBILITIES:

- Keep yourself safe
- Keep riders safe
- Keep emergency personnel safe
- Stay at your post; do not assist downed riders while the race is in progress
- Stay focused; do not talk on the phone or text etc. while the race is in progress. Don't chat with friends during a race.

THINGS YOU DO:

- Monitor the area behind your assigned hazard – this is the hidden area you are protecting. Riders don't need to be warned about things they can see for themselves.
- Stay on your feet during a race so you can respond quickly. Things happen fast in a race.
- When the flag is up, **make yourself and the flag visible to oncoming riders!** Try to indicate a line of safe passage. For example pointing to the left or right hand side of the track so riders will take a line around the downed rider. In some cases you can stand on the track to block passage to the down rider, but only do this if it is safe (i.e. you can easily be avoided). Be assertive.
- If there is a downed rider on the next flagged obstacle, **do not** raise your flag – it will confuse the riders. Riders should be able to jump your obstacle.
- Be prepared for all weather conditions
- Arrive at the track on time. The flagger's meeting is at 9:30. All flaggers must attend every time.
- Notify your team leader if you have any questions or concerns at any time
- Identify and obey the head referee. He has final authority in the day's event
- Have the yellow flag in your hand, furled and ready at all times during a race
- When a rider is down wave the flag in a figure-eight motion above your head
- If emergency personnel are needed (the rider does not get up in a minute or two) switch to the Red Cross flag until the emergency personnel have left the track.
- If a rider cuts the track please make a mental note of the rider's bike # for the referee
- If a rider passes another rider when a yellow or red cross flag is being waved please make a mental note of the rider's bike # for the referee
- Be prepared for any situation at all times
- Some flaggers will be supplied with walkie-talkies to call in first aid situations or rules violations.

THINGS YOU DON'T DO:

- Never leave your location unattended even to help a down rider as the approaching riders will then be unaware of the situation and could hit you or the down rider
- Don't wave flags in the air for any reason (bugs, playing) other than to signal a downed rider
- Don't sit or lay down at the side of the track while a race is in progress.
- No alcoholic beverages may be consumed during the race day

THINGS YOU MIGHT WANT TO BRING WITH YOU:

- sun screen
- lots to drink/food
- cooler (maybe used to sit on)
- lawn chair
- hat
- rain gear
- warm and cold clothing in a waterproof bag
- bug repellent
- shoes or boots appropriate for walking on rough ground or mud in wet conditions.
- patience and enthusiasm

ALSO THERE WILL BE A 30 MINUTE BREAK IN THE DAY

Payment: Will be at the end of the day, you will need to hand in your flag and sign for payment.

Alternates will not be paid unless they are needed. Alternates have first refusal on vacancies.