



## Guidelines for Race Buddies<sup>1</sup>

As a Race Buddy, we are counting on you to be concerned with the safety of **ALL** our team members.

Please follow these guidelines:

- 1) Each Young Runners bib has a contact information sticker with a number to call in case anyone needs to reach someone at the Young Runners table. Everyone has to wear the bib visible in front on their clothing during the race.
- 2) John and Lydia will have a contact information card and other credentials. We will provide copies to you for during the race since they contain medical phone numbers and our phone numbers in case of an injury.
- 3) If an injury occurs during the race, step to the side and look for a race volunteer or someone from NYRR to notify; they wear orange vests or NYRR t-shirts. Let them know you are from the Young Runners program and use the credential given to call the medical command tent to deploy an ambulance.

Please provide them with the exact location of the injured athlete and a description of the injury. Then, call one of the Youth Programs Managers' cell phone number listed on the contact information card, tell them the athlete's name, bib number, team, location in the park and explain the situation in detail. It is imperative to stay with the injured athlete until the Lydia, John or a Youth Programs staff member takes over.

**Note:** If at any time you or the runners are unsure of the location in the park, look at the numbers on the lamp post for help. For example: lamp post # E9605 = 5<sup>th</sup> lamp post on 96<sup>th</sup> block on the East Side.

- 5) After the race, please reunite with the team at our pre-determined location.

As a race buddies, do the following:

- 1) Introduce yourself to the athlete(s).
- 2) Ensure you understand the athlete(s)' running abilities.
- 3) Ensure you know of any health problems the athlete(s)' may have.
- 4) Ensure that they drink/hydrate at the fluid stations along the course.
- 5) Continually check in with the athlete(s) to ensure they are running within their limits and running at the appropriate pace.
- 6) Guide, encourage and motivate
- 7) Guide them to where the team will reunite after the race.

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<sup>1</sup> Modified from NYRR Young Runners