



VOLUNTEER TO POWER HEART RESEARCH

Event volunteer

What will I be doing?

Every year 90,000 people run, swim, hike and cycle to raise funds for the British Heart Foundation's (BHF) vital work. That's over £9 million raised every year to help beat heart disease—and this wouldn't be possible without the help of our volunteers.

Whether it's manning a cheering point, helping to manage the start area, or guiding participants, event volunteers play a vital role in making events happen.

And once you're in as an event volunteer it's easy to get hooked. For some people it's the excitement of event day and meeting new people. For others, it's developing new skills and being 'behind the scenes' at places like the Tower of London or Blenheim Palace. But most of all our volunteers are passionate about making a difference in the fight against heart disease.

If you're interested in opportunities near you read on to find out more and apply.

What will I be doing?

You may be asked to:

- meet and greet participants and spectators
- help set up and clear down the event
- support participants as they take part, such as by marshalling,
- cheering or handing out refreshments
- help with administration and managing the start/finish areas
- welcome participants over the finish line and give out medals.

What skills, experience and attributes do I need?

Along with having great communication and interpersonal skills, we ask that you are:

- flexible and willing to volunteer outdoors
- enthusiastic about the BHF and helping at events
- willing to work as part of a team.
- If you have specific skills and experience that you think might be useful—such as event management, using walkie-talkies, or leading teams—please let us know when you apply.

Who will I be volunteering with?

You'll be volunteering as part of the team making the event happen, working with other volunteers and BHF staff helping to create a great experience for participants and spectators.

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How much time will I be expected to give?

The amount of time you'll need to give will be dependent on your role at the event. There could be early mornings or late nights, but we'll never ask you to help for more than eight hours. And for some roles, such as helping with administration, we may only need your help for a couple of hours.

Things you need to know

We'll provide essential kit such as a tabard, but you will need to dress appropriately for the conditions and the task. For example you may be manning an information tent on a frosty October morning, or standing outside in the sun handing out water on a hot summer day.

What can I expect from the BHF?

In return for your valuable help we aim to ensure that volunteering for the BHF is a fulfilling and worthwhile experience. You'll have support from staff, with the opportunity to gain and develop skills and meet other volunteers. We'll reimburse agreed out-of-pocket expenses—such as bus fares—in accordance with our expenses policy.

I'm interested, what's my next step?

If you'd like to find out more about becoming an event volunteer and helping to fight heart disease register your interest online today at bhf.org.uk/eventvolunteer and we'll be in touch.

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