



Veteran Crew Training

A few reminders about being a Susan G. Komen 3-Day® crew member.

Since you have experienced a Komen 3-Day (or ten!), we know you are knowledgeable and skilled in event operations. However, there is some very important information we would like to remind you of before you arrive at the event. Here is a quick review of some tips to keep you and those around you safe all weekend long.

HYDRATION

Staying hydrated is important! Make sure to drink adequate amounts of both water and sports drink to replace the fluid and sodium lost through sweating. By the time that you feel thirsty, your fluid levels have already dropped so make sure to hydrate before you feel thirsty.



Staying hydrated should have you

becoming besties with the portable toilets. After all those liquids, you should be paying them a visit at least every hour.

FOOD & SNACKS

Sandwiches, mac and cheese and treats galore. Walkers don't call the 3-Day® the "3-Day buffet" for no reason, and this goes for you as well. Part of staying healthy on event is making sure you are eating regular meals and snacks. You will work very hard on the event and might get distracted by all the work to be done, but you need to keep your body well fueled.



SUNSCREEN

Since many of you will be in the sun for extended periods of time, remember to reapply sunscreen frequently and to wear your favorite hat.

EMERGENCY PROTOCOL

In an emergency (such as a participant having trouble breathing or unconscious), **call 911 first!** The 3-Day Command Center is not your first call in an emergency. However, after dialing 911, please inform the Command Center of the emergency.

ALCOHOL/DRUG POLICY

Participants on the 3-Day are never to be under the influence of alcohol or drugs while on the event, nor be in possession of them. Neither alcohol nor drugs are permitted along the route (except for prescription medications approved by a doctor or pharmacist). For walkers and crew alike, this is a challenging and meaningful event, and we need you at the top of your game.



CREW UNIFORM



As you know, you will receive two crew t-shirts to serve as your crew uniform. Feel free to decorate and customize your crew t-shirts to make them fun and festive. However, keep in mind that your shirt must remain intact

so that 3-Day logo and your crew designation are visible. Also, all crew members must wear closed-toe shoes when performing crew responsibilities at all sites and on the route.

VEHICLES

Just a reminder, parking for personal vehicles is not allowed at any of our route sites or at camp. You will either be assigned to drive an event vehicle for the weekend or will be transported with the rest of your crew team in a van or in a box truck. Can you imagine all the parking we would need if we had everyone's personal vehicle on event? We ask you to respect this policy and leave the driving to event vehicles only!



COMMUNICATION

We will use personal cell phones to keep in touch with one another while on event. Practice active listening and positive body language when speaking with fellow crew members, walkers, staff and members of the community. Greet people with a friendly 3-Day smile!

If you see a safety concern, bring it to your captain or staff member immediately. They will run it up the chain of command to remedy the situation in a timely manner. If you have suggestion for a change for future events, tell your captain or staff member. However, remember that they are being given a lot of information during the event. The best way to make sure that your suggestion is given the attention it deserves, is to include your ideas in your post-event survey. This is the absolute best way to make sure that your ideas are heard.

As a mighty crew, we are in this together, and communicating effectively will ensure a successful and fun event.

CHAIN OF COMMAND

It's important to remember proper communication protocols on the 3-Day and for that, we look to our chain of command. The most common source of frustration for crew and staff alike is a break down in the chain of command.

Crew members report to their crew captains. Crew captains report to senior captains and event staff. Senior captains report to the Crew and Volunteer Coordinator and members of the staff.

Each crew team has a member of the staff who serves as that team's primary contact for event timeline, guidelines and requirements. Staff members arrive early in the week to prepare for the event. They are briefed with site-specific information and jurisdiction requirements like health codes and police protocols. Your staff member will brief your crew captain on event updates and your captain will brief your crew team on important updates and information.

If a crew member has a question or need, he or she should go to his or her crew captain.

If a crew captain has a question or need, he or she should go to the senior captain or the staff member assigned to his or her crew team.

Crew & Volunteer Coordinator and On-Event Staff



Senior Captains



Crew Captains



Crew Members



WE LOOK FORWARD TO SEEING YOU AT THE 3-DAY!