



Veteran Crew Training

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

Since you have experienced a Susan G. 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 All-Crew Kick-Off. We hope you know by now that our biggest priority on the Komen 3-Day is your safety and security. 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

Grahamwiches, sandwiches, mac and cheese, 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

Just say no to sunburns! 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 at hand.

ALCOHOL/DRUG POLICY

Just say no. It's that age-old refrain, but it's true. 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 or at camp (except for prescription medications approved by a doctor or pharmacist). Walkers and crew alike, this is a challenging and meaningful event, and we need you at the top of your game. So, let's leave the celebratory drink for after Closing Ceremony has concluded.



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 is visible. Also, all crew members must wear closed-toe shoes when performing crew responsibilities at all sites and on the route.



COMMUNICATION

We will use personal cell phones, the Ringya app and radios to communicate with one another while on event. When speaking with fellow crew members, walkers, staff and members of the community, pay attention to your body language. For many, this will be the first time working together. Greet people with a friendly 3-Day smile and give your full attention.

Always feel free to ask questions. That's how we learn! Additionally, if you see a need or a way to improve event processes, please speak up. Please be open to advice and receptive on how you can improve. There may be times throughout the weekend when it's hectic or a challenge presents itself, but please be patient and remain calm. Together, we will get the job done.

VEHICLES

Just a reminder that personal vehicles are 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!



Crew Coordinator and On-Event Staff

Senior Captains

Crew Captains

Crew Members



CHAIN OF COMMAND

It's important to remember with whom we need to be communicating on the 3-Day and for that, we look to our chain of command.

The 3-Day is made up of many different crew teams, both along the route and at camp. Each crew team has a Crew Captain or Team Lead who serves as the primary leader and point of communication for that group. Your captain or team lead is your immediate source of support, information and inspiration throughout the weekend.

Captains and Leads can turn to their respective Senior Captain for any assistance they may need.

And finally, if a Senior Captain or Captain needs a helping hand, the 3-Day Staff are always there to help wherever and whenever needed.

If you have any questions, please do not hesitate to reach out to your captain or your Crew & Volunteer Coordinator.

WE LOOK FORWARD TO SEEING YOU AT THE ALL-CREW KICK-OFF!