

Wake County Senior Games Volunteer Orientation

Greetings volunteers:

In March and April of this year Wake County seniors, age 50 and older, will take to the athletic fields and stage to prove they are better than ever. In bowling lanes, swimming pools, and gymnasiums; on golf courses, tennis courts, fields and running tracks, they will go for the gold! Others will sing and dance or display their talents through visual and literary arts.

Wake County Senior Games Inc. is one of 53 sanctioned local games in North Carolina and hosts the largest number of athletes and artists in the state. The athletic performing and visual arts events provide creative expression for participants, a forum to meet new people, enjoy healthy competition, and most importantly to HAVE FUN!

Volunteer Responsibilities:

- Volunteers create a fun experience for all participants. Whatever your specialty or area of interest, there is a volunteer position for you.
- Volunteers should alert staff to specific skills they have that may benefit the program.
- Volunteers should make eye contact when introducing themselves.
- Volunteers should arrive dressed neatly, wearing appropriate attire for the event (indoor/outdoor) and closed toe shoes for any sporting event.
- Volunteers should not snack during the games
- Volunteers should allow enough time prior to your reporting time for parking, picking up and changing into your T-shirt, getting trained and locating your volunteer activity site.
- Volunteers assist with running events such as registration, scorekeeping, retrieving balls, etc.
- Volunteers will also assist in registration, keeping score, retrieving balls, etc.
- Volunteers will work the day(s) of the events with training provided on-site as needed.
- Volunteers should ensure that conditions allow for safe event participation at all times.
- Volunteers should encourage participants to drink water before, during and after event participation.
- Volunteers should recognize if a participant is confused, breathing heavily, sweating profusely, complaining of chest heaviness, tightness or pain. Participation should be stopped immediately.
- Volunteers should alert staff in charge of the event if a medical situation is occurring and await instructions on how to help.
- Volunteers should not do anything they feel is over their abilities, qualifications or skills and should alert the staff in charge of the event of any concerns as soon as possible.

We appreciate our community citizens donating their time, talents, and resources to enhance our programs. We appreciate your passion, dedication, and support. The growth in volunteerism shows the passion and commitment volunteers have to connecting and enriching our local community Senior citizens. Thank you for volunteering your energy, skills, and talents, at the games. We are delighted to have you as a Wake County Senior Games volunteer. Please invite your friends and family to register to volunteer with you.