



## parkrun Volunteering for DofE Participant Information (TK01)



This document provides information and guidance for DofE participants who would like to complete their volunteering section with parkrun.

parkrun delivers two types of free, weekly timed events held in local parks around the country:

- 5k parkrun held on Saturdays
- 2k junior parkrun (for 4 to 14 year olds) held on Sundays

Its aim is to promote an inclusive, community-led event where participants are welcome to walk, jog, run or volunteer.

You can use parkrun for the volunteering section of your DofE awards. You need to check with your local parkrun Event Director first before you can start volunteering with parkrun, they will then want to discuss the roles, and your aims, and depending on demand you may have to wait for a space if they already have a full complement of DofE volunteers.

		<b>Volunteering</b>	<b>Variations</b>
<b>Bronze</b>	14+ years old	3 months	<i>Optionally 6 months</i>
<b>Silver</b>	15+ years old	6 months	<i>Possibly 12 months if direct entry</i>
<b>Gold</b>	16+ years old	12 months	<i>Possibly 18 months if direct entry</i>

### **Volunteering with parkrun:**

We want everyone to enjoy volunteering, and the weekly 1 hour or so participation will fly by. You will be part of a team that set-up, organise, and provide a free weekly timed run for the local community. There are many different jobs required to put on a parkrun and you'll get to take on different roles including; timing, scanning, handing out tokens, monitoring the timers and tokens, processing the results, and marshalling.

No experience is required, and you will receive training in each role as required. At Silver and Gold level we would hope to see you taking on the role of Run Director (with support), where you will be in charge of your local event for a week!

You may also consider taking and uploading photos to run photo-sites or writing run reports.

## Getting Started

Sign-up process:

- You **MUST** contact your local parkrun team and say you would like to volunteer and which award level you are working towards. <https://www.parkrun.org.uk/events/events/>
- Register with parkrun online to get a barcode. <https://www.parkrun.org.uk/register/>
- A member of the Event Team will contact you to discuss your participation and let you know when you can start.
- You will be appointed a couple of Assessors who will work out a volunteering programme with you and help you track your progress.
- We encourage your parent/guardian to join you at least the first time to meet the team.

DofE participants should note:

- You MUST register with parkrun before taking part.
- You should make yourself known to the event team and get their approval to complete their Volunteering section at that parkrun event.
- The team will identify and provide at least two Assessors to support you.
- Your Assessors will agree a volunteering programme with you but this may have to change some weeks as required to ensure events run smoothly.
- The DofE have a Code of Conduct for Award participants:  
<http://www.dofe.org/en/content/cms/doing-your-dofe/code-of-conduct/>
- DofE participants should also follow and promote the parkrun codes of conduct:  
<https://support.parkrun.com/hc/en-us/articles/205630612-The-parkrun-code-for-5k-events>  
<https://support.parkrun.com/hc/en-us/articles/205630582-The-junior-parkrun-code>
- Volunteers are expected to respond to event emails confirming availability and should contact the team as soon as possible if plans change.
- Events rely on having a full team of volunteers each week to run the event.
- Agree on an arrival time with your Run Director and be punctual.
- As a volunteer you will be mixing with other runners and volunteers at your local event, many of whom are adults. Please ensure your family are aware of this.
- Your local parkrun may have additional rules that you should observe, e.g. being accompanied to and from the event by a parent or guardian.

Find out more about parkrun Volunteer roles here:

<https://support.parkrun.com/hc/en-us/articles/200566523-What-do-the-volunteers-do->