



FRUIT/ICE ROSTER DUTY HANDY HINTS

1. Fruit/Ice is one of the roster duties at each of our events. If you haven't done it before it can be a little daunting, so we hope this may help you.
2. This position requires the volunteer to shop for post race refreshments & ice and to bring them to the event on race morning. You do not have to purchase drinks.
3. How much do you spend? If unsure, check with a committee member re how many participants we are expecting at the event you are volunteering for. We usually say to budget around \$80 - \$100 for a larger field – catering for around 75.
4. How much ice to buy? Normally purchase 6 bags of ice from service station (eg Fannie Bay closest to Lake Alexander) on race morning on the way to the event.
5. What should you buy? There are no hard and fast rules about what to purchase. We recommend you get what you like to eat post race ! It can be fruit (in season); muffins; lollies; dried fruit etc. Watermelon is popular. Some people purchase this from local markets. As the volunteer you can take the opportunity to introduce something different if you wish.
6. Do you have to supply trays, knives etc? The club has a supply kept in the trailer but if you would prefer to bring your own for convenience, please feel free to do so.
7. Do you have to cut fruit up? You can if you wish. Otherwise source a volunteer from people not competing & ask if they wouldn't mind cutting up while the event is in progress.
8. What do you do with the bags of ice? Please make sure the ice gets tipped into our drinks esky with the cans. If the race director is setting up a water station, he/she may require a bag for this purpose, please check with them.
9. Who pays? Any expenses incurred are reimbursed. Please put receipts in an envelope with your name and bank account details on the front to be given to club treasurer who will pay direct to your account. We are unable to reimburse in cash. If you prefer, you can scan and email through the request for reimbursement.
10. Thank you for volunteering.