

# Volunteer Guide

## WALK & WAG FOR ONE HEALTH

5K RACE • 3K FUN RUN • KIDS FUN ZONE • DOG ZONE • EDUCATION ZONE • ADOPT A DOG  
PET PHOTO BOOTH • CELEBRATE THE HUMAN & ANIMAL BOND



## Requirements

- Must be 13 years or older (or have an adult with you) at the time of the event to volunteer
- Must stay for entire shift
- Must sign Walk & Wag Participant and Volunteer Waiver through Run Sign Up Site
- Flexibility on your assigned task
- A smiling face!

**Volunteer Sign Up Site:** <https://runsignup.com/Race/Volunteer/LA/Sulphur/WalkandWagforOneHealth>

### Packet Pickup:

On the day before the race, assist with checking people into Walk & Wag for One Health 3K & 5K. Assist with selling merchandise, handing out T-shirts, etc.

November 10; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA – Shift is from 5:15pm - 7:00pm

### Race Day Setup Crew:

Assist the LOHA crew in preparing the start/finish areas, Education Zone, Dog Zone, and Kids Zone for participants. Some heavy lifting may be involved.

-Moving Ice chests, tables, chairs, equipment

-Setting up banners, table cloths, signs, etc

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 6:00am - 8:30am

**Race Day Registration and Merch:**

You will be handling all things registration and merchandise!

-Packet Pick Up from preregistered participants

-"Day of" Registrations

-Cashier

-Merchandise Sales- shirts, bandanas, bracelets, food coupons, stickers, dog bowls

[November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 7:00am – 12:00pm](#)

**Water Station on Race Route:**

You will be stationed along the race route at one of two cooling stations. You will pass out water bottles or cups of water to runners as they pass by, cheer runners on, and clean up any garbage left behind. You will also need to make sure owners have enough water to also give their dogs in their collapsible water bowls.

[November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 7:30am - 10:30am](#)

**Race Course Volunteer:**

You will be stationed along the race route at a place in the route where runners may get confused. You will be responsible for directing runners where to go as they pass by and cheer runners on. The course will be visibly marked, but you will still need to verbally tell runners where to go.

[November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 7:30am - 10:30am](#)

**Education Zone Guide:**

You will help keep participants moving through the presentations and hand out quizzes and pens. You will be responsible for picking up quizzes as well. You may also be helping the Education Station presenters with fine tuning set up and clean up.

[November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm](#)

**Kid Zone Face Painting:**

Paint kids' faces into animals at the Kids Zone. You'll need to show up a little early, and you'll help with cleaning up. Be ready to have an awesome time! Please see your art teacher for details. There will be wipes there for cleanup and choice boards for kids to choose their face painting.

[November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm](#)

**Kid Zone- Inflatable Kids' Activity Timekeeper:**

You will referee and keep time to ensure that kids get equal playing time, and all is fair. Please be flexible to move among the stations in the Kid Zone, if needed.

[November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm](#)

**Kid Zone- Balloon Animals**

This is your chance to show off your balloon animal skills! You will be responsible for making balloon animals for event participants. LOHA will provide balloons

[November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm](#)

### **Kid Zone- Carnival Booth Game/Activity**

This is your chance to show off your talents putting together a fun and engaging carnival style booth that kids would enjoy! You will be responsible for bringing and setting up your booth game/activity and helping participants play. LOHA will provide candy for you to give to people who participate at your booth.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Kids Zone- Pansy Planting- Make & Take Activity**

Help kids plant pansies at the Kids Zone. You'll need to show up a little early, and after the fun, you'll help with cleaning up. Be ready to have an awesome time! Materials will be provided. Just bring yourself and your smile! There will be wipes there for cleanup.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Kids Zone- Circles of Earth- Make & Take Activity**

Help kids create Circles of Earth bracelets at the Kids Zone. You'll need to show up a little early, and after the fun, you'll help with cleaning up. Be ready to have an awesome time! Materials will be provided. Just bring yourself and your smile!

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Kids Zone- Pollinators- Make & Take Activity**

Help kids create Bagged Butterflies at the Kids Zone. You'll need to show up a little early, and after the fun, you'll help with cleaning up. Be ready to have an awesome time! Materials will be provided. Just bring yourself and your smile!

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Kids Zone- Letters of Gratitude for Veterans Activity**

At the Kids Zone, help kids create a letter of gratitude for a local Veteran. You'll need to show up a little early, and after the fun, you'll help with cleaning up. Be ready to have an awesome time! Materials will be provided. Just bring yourself and your smile!

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Dog Zone Volunteer**

You may be stationed at the adoption area or at one of the dog contests. You will also mingle among participants to make sure pet owners are watching their dogs and keeping them on leashes. Be available to offer water to dog owners (for their dogs) if needed, make sure owners have poo bags to pick up their dog's poo, if needed. Assist pet owners with whatever they may need while they enjoy their time at the Dog Zone. Help judges in keeping the flow of the "best dog costume" contest and the "best dog trick" contest and assist where needed.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Dog Zone- Smooch Your Pooch Photo Booth**

Oversee the Smooch Your Pooch Photo Booth. You will help dogs and their owners get situated in the photo booth, and assist where needed. You may be asked to take a pic of participants and their pets using their phone. You will also assist the photographer with what she/he needs.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Dog Zone- “Good Boy” Treat and Water Booth**

Oversee the “Good Boy” Booth. You will distribute water and treats to owners for their dogs who visit the booth. Come ready to keep those dogs happy!

November 11 The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 9:00am – 12:00pm

### **Start/Finish Line Cheering Team:**

Get runners pumped up for the race and cheer for the runners as they cross the finish line; this shift is great for large groups of people and/or cheerleading teams. Take part in the warm up before the 3k! You may also be asked to take pictures of people at the photo backdrop and will need to assist with that.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 7:30am – 10:30am

### **Finish Line Festival**

Set up and get the Finish Line Festival ready to pass out fruit, water, and give away bags to race participants as they complete the 5K & 3K.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 7:00am – 10:30am

### **Event Cleanup**

Assist the LOHA crew with cleaning up Education Zone, Kids Zone, and Dog Zone -breaking down tent/s & tables, moving coolers, loading equipment, and cleaning the course. Some heavy lifting may be involved.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 11:30am – 1:00pm

### **Photographer:**

If you have a love for photography and have your own camera, we want you! Come to the race and take pictures of all of our racers and dogs having tons of fun. Please note that you must provide your own equipment. You will be asked to submit copies of any photos or videos taken to LOHA so that we can share them with our participants online.

November 11; The Grove, Heritage Square Sulphur 1211 Ruth Street, Sulphur, LA - Shift is from 7:00am – 12:00pm

## **After Signing Up**

You will receive an email confirming that you signed up for a Walk & Wag volunteer shift. We will also send you periodic updates before the race to make sure you are ready for your shift.

If for some reason you cannot come for your volunteer shift, please let us know as soon as possible. We have a limited number of volunteer shifts, and many people on our waiting lists would love a chance to get in on this fun!

## Contact Information

Amy LeBoeuf (337) 274-9421 or [LouisianaOneHealthInAction@gmail.com](mailto:LouisianaOneHealthInAction@gmail.com)

## Commonly Asked Questions

### **How do I sign up with a few friends?**

Please have all of your friends complete the registration on the volunteer site. When you arrive on race day, just let our staff know that you're together, and they'll try to assign you in the same area!

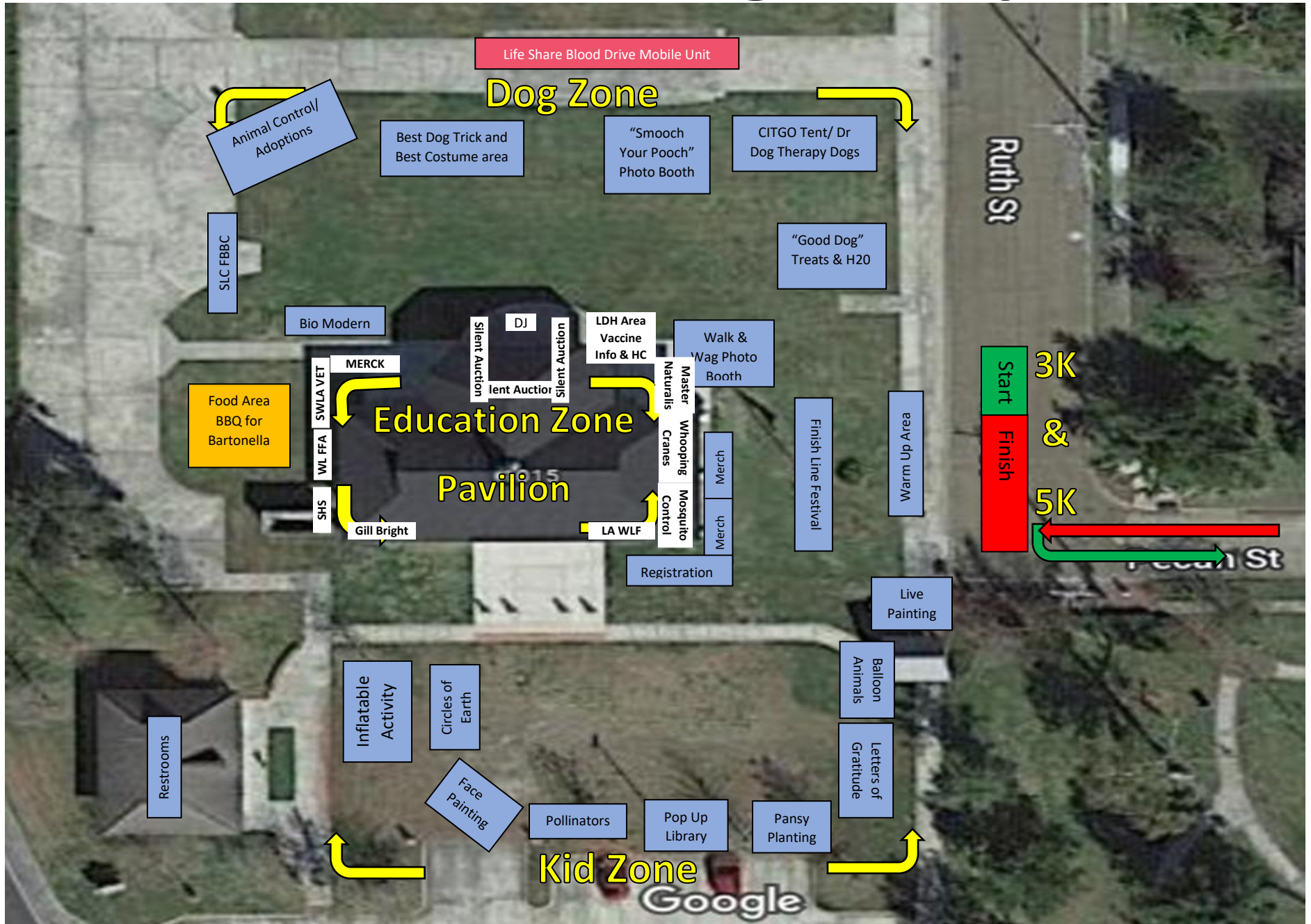
### **What are my transportation/parking options at the event?**

There are no pre-arranged parking arrangements or designated lots, so we recommend volunteers arrive early for their volunteer shift to accommodate time to find parking.

### **What should I wear?**

All volunteers should wear what shirts best represent your company or club to show off your volunteer efforts. Besides this, feel free to add your own flair to your outfit! Colorful boas, hats, socks, tutus etc. make things more magical! Please stop by the Merch Table to pick up your lunch ticket as a thank you for helping us with the Walk & Wag for One Health and to Beat Bartonella!

# Walk & Wag Set Up



# Route Map and Water Stations

## WALK & WAG

### FOR ONE HEALTH

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