

**2019 Southwest Riverside County Heart Walk Volunteer Shifts & Description**

**Saturday, April 13th
Lake Skinner, Winchester, CA**

* Event Setup: Friday 4/12/19 1pm-5pm, Saturday 4/13/19 8am - 12pm or 1pm – 5pm
	+ We'd love any help you can offer with setup, whether it be a few hours or for the entire morning! Join us to set up and prepare the site by placing tables and chairs in the Health Expo area, unloading supplies, staging tables and booths, and placing water at stations along the Walk route.
* Parking/Traffic Control: 3pm - 7pm
	+ Help keep traffic moving as freely and smoothly as possible leading up to and during the event. Direct cars and assist with VIP and Accessible Parking. Help hang up additional signage before the event begins. 18+ only.
* Health Fair Expo: 3pm - 7pm
	+ Volunteers will be assigned as necessary to oversee games in the Kids' Zone, distribute shirts at the registration table, and help set up & distribute event supplies.
* Water Stations & First-Aid: 3pm - 7:00pm
	+ Volunteers will be assigned to the various water stations along the Walk route. They will be responsible for passing out water, encouraging walkers, and providing first-aid supplies to walkers if needed.
* Kids' Zone: 3pm - 7:00pm
	+ Help manage the Kids' Zone or dress up as Ticker, our heart mascot.
* Start and Finish Line Spirit Squad: 5pm – 9:00pm
	+ This is a great job for younger groups. Help cheer on participants along the route and be the spirit behind Heart Walk! Be the volunteer that every Walker will remember!
* Green Team: 5:00pm – 9:00pm
	+ Let's leave our Walk site just as we found it. The Green Team will help clear the festival area by taking down event signage and tents. Pack supplies onto the trucks and clean up items left behind by walkers.

If interested in volunteering for the 2019 SWRC Heart Walk, please contact
Alicia Warren at 951-743-8651 or Alicia.Warren@heart.org.