

IN PREPARATION FOR YOUR FORMULA 1 GP WEEKEND,
SOME TIPS AND RULES FROM YOUR MARSHAL SUPPORT TEAM

In preparation for our Grand Prix weekend at the Yas Marina Circuit, we would like you to take note of the points listed below. The Marshal Welfare team has been supporting volunteers at the F1 for 3 years now, and these are some suggestions made to us by volunteers from past events. We hope they will be useful to us all.

1. LUNCHES & WATER

Will be provided each day, with top up water delivered throughout your time on track. The required number of lunches is delivered to us daily, with an allocation of one lunch pack per person. In the past these have been sufficient for the entire day, although we feel that there are a few extras that you may like to bring along, just in case. Unfortunately, these are items we are unable to provide.

Please bring extra soft drinks, and hydrating powders or electrolytes, in case of dehydration. You can help prevent dehydration by drinking plenty of fluids throughout the day and the evenings before you are on track.

PLEASE NOT THAT DEHYDRATION POWDERS AND ELECTROLYTES ARE ONLY A SUGGESTION AND SHOULD ONLY BE USED IN CASES OF DEHYDRATION.

While the lunches are sufficient, we would however suggest that if you have any specific dietary requirements, or are a fussy eater, you should pack a small lunch or snacks for during the day.

In the past, marshals on post have shared or swapped items from their lunch packs with each other. Snacks like chocolate or energy bars can be very much appreciated towards the end of the day.

If you are staying in one of the Abu Dhabi hotels, there are plenty of outlets nearby where you can purchase the extras you may require.

If there are any items in your lunch packs that you don't like or want, please, don't just throw them in the the waste bin. Put them into the cool boxes that are provided on each post and suggest to your fellow marshal to help themselves. If at the end of the day there is food that nobody wants, please then place in the waste bins provided. The food will not keep overnight.

Fresh ice will be placed in each cool box every morning prior to you going on post. It will be refreshed as much as possible during the day to help keep your water and food items cool. Please use the cool boxes in a respectful manner and keep it in the most shaded place on your post. Rubbish bins are also provided so please make sure that all rubbish, like plastic bags, paper, cans and bottles are placed inside the bins. If we have a high wind these small items can fly onto the track and cause major incidents.

2. SHADE

Is provided where possible on the posts. Unfortunately, some posts cannot have umbrellas as where they need to be positioned can lessen the marshals view of the track. What shade is

on post is what has been provided by the organisers, and this is all that can be supplied due to visibility restrictions.

3. COMFORT ITEMS

Sunscreen, hats, sunglasses, comfortable closed in boots/ trainers (fresh clean socks every day), light comfortable clothing for under your overalls. **AS ONLY ONE SET OF OVERALLS ARE SUPPLIED**, we suggest you also bring fresh, clean clothing for each day. You will be provided with 4 T-Shirts at the sign on Thursday Nov 10th. It is advisable to bring heavy, fire proof utility gloves and Ear plugs or defenders.

You may bring books or electronics for your break times, however, **AT NO POINT WHEN THE TRACK IS LIVE SHOULD THESE BE IN USE. MOBILE PHONES AND OR CAMERAS MAY ALSO NOT BE USED WHILST YOU ARE ON YOUR POST.**

4. MEDICATION

If you are on any prescribed daily medication, please ensure that you bring a sufficient supply for the duration of the weekend. It is also a good idea to bring a few bandaids and paracetamol into your bag in case they are needed.

For more serious medical issues we do have a medical team and emergency department on site. Should you require such assistance, inform you post chief and he will have the message relayed to the relevant person and a member of our team will come and bring you to the medical centre.

Ladies, please bring any personal items that you feel you may need during the weekend. Wet wipes and tissues are always useful for males and females.

5. SAFETY

Please be aware of your responsibilities at all times whilst you are on track. Your position at the Grand Prix is very important and safety is paramount at all times. **NEVER** leave your position on post unless you have been instructed to do so.

Should you have a personal emergency or issue that requires you to leave your position please inform your post chief and have him contact the relevant authority.

If you see people in tabards wondering round, report to your post chief who will inform the race control.

6. PUNCTUALITY

Is an absolute must during the event so make sure to set your alarms allowing plenty of time to get organised.

7. PASSES & F1 CREDENTIALS

You will be issued with an HSC (security) pass when you sign-on on Thursday 10th, so please make sure you wear this at all times.

There are different types of F1 credentials (tabards, FOM passes, armbands) that will be issued on Thursday 10th according to your role and access you will require to perform it.

Please, look after them as they cannot be replaced. Contact your group's senior if your credentials are damaged, lost or stolen.

If armbands are being used, do not remove when showering, they are waterproof. Only one band can be issued to each person and they cannot be replaced, therefore a removed armband jeopardises your position as a marshal as you can't gain the access to your working area!

SECURITY IS EXTREMELY TIGHT FOR THE EVENT AND YOU WILL NOT BE ABLE TO PASS THROUGH ANY SECURITY CHECK WITHOUT:

- HSC pass;
- F1 credentials.

We look forward to seeing you all and if you have any queries or questions please do not hesitate to contact us.

Marshal Welfare Team