

Cycle Queensland – 9 day cycling paradise

As a volunteer it is your aim to be helpful and friendly to the riders and other volunteers and to work efficiently with your team to contribute to the success of the ride. BQ will work with you to ensure your own goals are fulfilled and that your volunteering is rewarding.

Massage Team - Job Description

Team Role:

- To provide no frills 15 minute massages to participants. The massages are to treat sore and stiff muscles.

Areas of operation:

Campsite

Sun exposure: Low.

General hours of operation:

From: 6.30am *To:* 7am - to pack up gear ready for transport to the next site.

From: 1.30pm *To:* 9pm - includes set-up from 1.30 to 2pm
including a 40 minute break for the evening meal from 6.40 to 7.20pm

Busiest time: From 2pm to 6.40pm and from 7.20pm to 9.00pm when massage is actually undertaken. The other times are set-up and pack up.

Rest day: No pack up or set-up, open from 5pm only.

Note: washing of towels is also required on one day. This typically entails some time during the morning or early afternoon at a Laundromat for some of the team.

Equipment supplied to you (must be returned at end of ride):

We supply all items including the massage table but you are welcome to bring your own table if you wish.

Key things to note:

- You will be serving customers – happy faces and positive attitude needed.
- You are not required to provide a full therapeutic service for any serious injuries. A physiotherapist and doctor are located at the Medical Centre to address these.
- A 20minute booking is allowed for each 15 minute massage to allow the person to get dressed/undressed and also a short break for the therapists hands.
- Every participant is allowed one complimentary massage after that they are required to donate \$10 to a charity of your choice. If you can secure a donation tin for your charity that will assist greatly (to be stored at HQ when not in use).
- On the last day there is no massage service – you will be involved at the finish site with other tasks and teams.

Transport between towns:

Generally massage volunteers will travel by bus, except those doing the laundry, if any, who will be allocated an official vehicle.

Meals:

Breakfast (served 6 to 7.30am): you can eat during normal time

Lunch: you can eat when suits you - before 1.30pm

Dinner (served 6 to 7pm): massage bookings have a 40 minute break from 6.40 to 7.20pm

A reminder that the event is a dynamic environment. Not all tasks and issues can be foreseen. If the situation requires, you and your team may be required to perform extra tasks, possibly at different times to your normal hours. You may also be relocated to another team.