

# THE VIKING GAMES

## VOLUNTEERS PACK



THE VIKING GAMES 2024

VERSION 1.0  
SEP 2024

STEEL VIKING  
FITNESS



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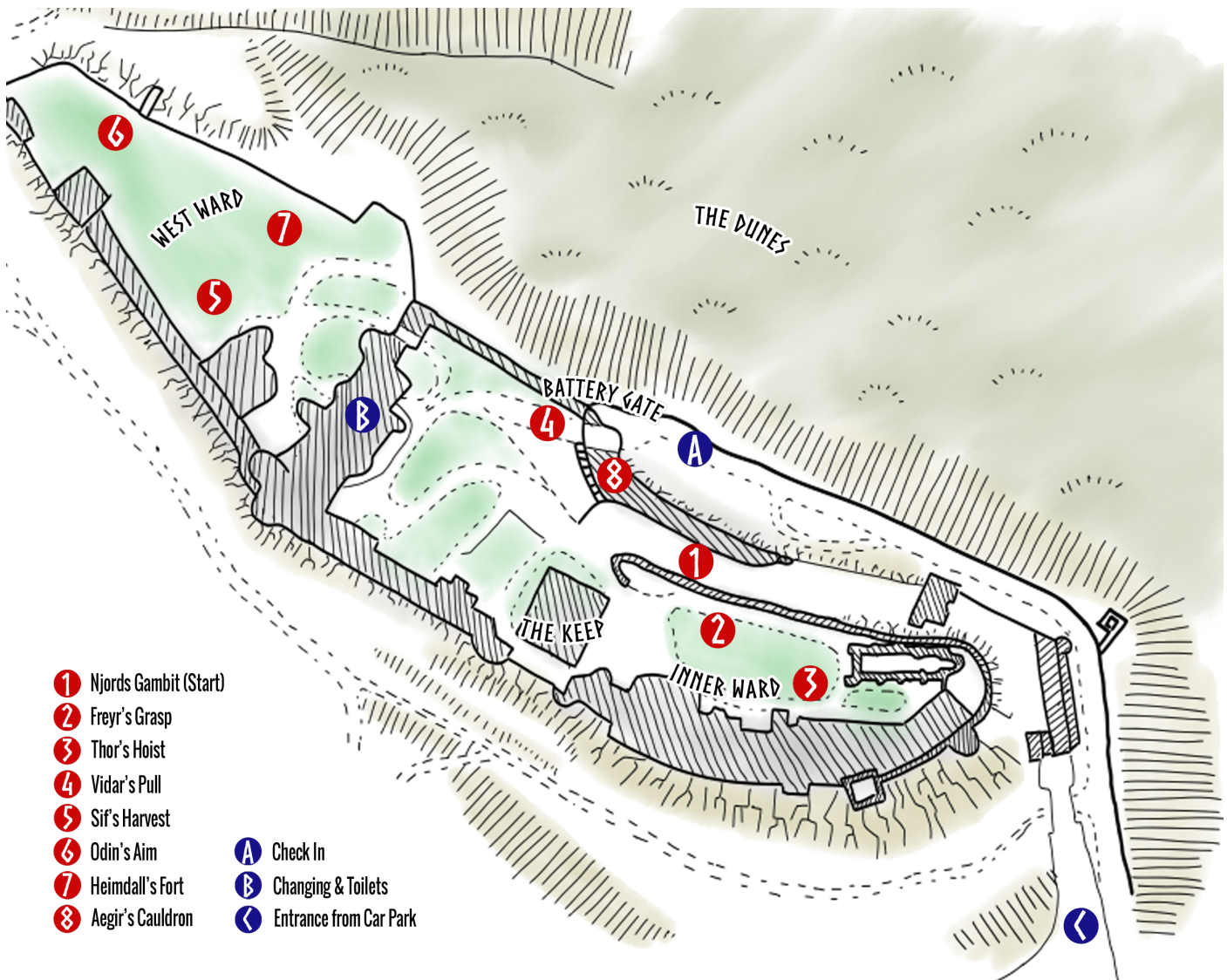
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## TRAVEL & VENUE



### KEY ARRIVAL INFO

- » If you can please be on-site from 8am, message us on the Whatsapp group once you arrive and we can open the parking barrier for you.
- » Check-in for Participants opens 9am
- » You will be issued a wristband once onsite that will identify you.
- » To get to point A, you will have to go around the side of the castle to the right, not the main entrance.

## NJORD'S GAMBIT ROUTE



## EVENT SCHEDULE

TIME	ACTIVITY
0800	Volunteer Arrival
0900	Participant check-in opens
0945	Warm up begins (Marshall's to position)
1000	Gates Open - Njord's Gambit Begins
1045	Last minute set up for trials
1115	Trials 2-7 Begin, Round Robin in Groups
1615	Aegir's Cauldron Begins
1645	Closing Ceremony & Awards (Bring Bags & Kit)
1700	Leave Site (Participants)
1705	Castle Teardown
1915	Organisers & Volunteers to join regaling



# ROUND SCHEDULE

	Cam	Stu	Mark	Alexander	Rosie	Andrew	Lee	Dan	Catherine	Josh Carr
09:00:00	Check-In	Check-In	Rest	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In
09:15:00	Check-In	Check-In	Rest	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In
09:30:00		Check-In	Rest	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In
09:45:00	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype
10:00:00	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim
10:15:00	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim
10:30:00	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim	Run & Swim
10:45:00	Prep	Prep	Prep	Prep	Prep	Prep	Prep	Prep	Prep	Prep
11:00:00	Prep	Prep	Prep	Prep	Prep	Prep	Prep	Prep	Prep	Prep
11:15:00	Organising	Organising	Rest	Heimdall's Fort	Vidar's Pull	Rest	Thor's Hoist	Odin's Aim	Photography	Photography
11:30:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Vidar's Pull	Rest	Thor's Hoist	Odin's Aim	Photography	Photography
11:45:00	Organising	Organising	Rest	Rest	Vidar's Pull	Rest	Thor's Hoist	Odin's Aim	Photography	Photography
12:00:00	Organising	Organising	Rest	Rest	Vidar's Pull	Rest	Thor's Hoist	Odin's Aim	Photography	Photography
12:15:00	Organising	Organising	Rest	Heimdall's Fort	Vidar's Pull	Rest	Thor's Hoist	Odin's Aim	Photography	Photography
12:30:00	Organising	Organising	Rest	Rest	Vidar's Pull	Freyr's Grasp	Thor's Hoist	Odin's Aim	Photography	Photography
12:45:00	Organising	Organising	Rest	Rest	Rest	Freyr's Grasp	Thor's Hoist	Odin's Aim	Photography	Photography
13:00:00	Organising	Organising	Sif's Harvest	Rest	Rest	Freyr's Grasp	Thor's Hoist	Odin's Aim	Photography	Photography
13:15:00	Organising	Organising	Sif's Harvest	Rest	Vidar's Pull	Freyr's Grasp	Thor's Hoist	Odin's Aim	Photography	Photography
13:30:00	Organising	Organising	Sif's Harvest	Rest	Rest	Freyr's Grasp	Rest	Odin's Aim	Photography	Photography
13:45:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Rest	Freyr's Grasp	Rest	Rest	Photography	Photography
14:00:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Rest	Freyr's Grasp	Thor's Hoist	Odin's Aim	Photography	Photography
14:15:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Rest	Freyr's Grasp	Rest	Odin's Aim	Photography	Photography
14:30:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Rest	Rest	Rest	Rest	Photography	Photography
14:45:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Vidar's Pull	Freyr's Grasp	Rest	Rest	Photography	Photography
15:00:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Vidar's Pull	Freyr's Grasp	Rest	Odin's Aim	Photography	Photography
15:15:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Vidar's Pull	Rest	Rest	Rest	Photography	Photography
15:30:00	Organising	Organising	Sif's Harvest	Heimdall's Fort	Vidar's Pull	Rest	Thor's Hoist	Rest	Photography	Photography
15:45:00	Horn	Organising	Sif's Harvest	Heimdall's Fort	Vidar's Pull	Freyr's Grasp	Thor's Hoist	Rest	Photography	Photography
16:00:00	Horn	Organising	Rest	Heimdall's Fort	Vidar's Pull	Rest	Thor's Hoist	Rest	Horn	Photography
16:15:00	Horn	Horn	Rest	Horn	Horn	Horn	Rest	Horn	Horn	Horn
16:30:00	Horn	Horn	Horn	Horn	Horn	Horn	Horn	Horn	Horn	Horn
16:45:00	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing
17:00:00	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing
17:15:00	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing

# PARTICIPANT GROUPS

GROUP #	CONTENDER 1	CONTENDER 2	CONTENDER 3
1	Philip Nixon (M)	Andy Smith (M)	-
2	Steven Barter (M)	April Granelli (F)	-
3	Lee Richardson (M)	Ray Thompson (M)	-
4	Scott Fisher (M)	Katrina Farbrother (F)	-
5	Sean Walsh (M)	Ciara Watson (F)	-
6	Chris Hammond (M)	Tim Mobbs (M)	-
7	Philip Uren (M)	Connor Maughan (M)	-
8	Craig Burns (M)	Phil Hewitt (M)	-
9	Gavin Young (M)	Neil Cooper (M)	-
10	James Manly (M)	Kevin Paterson (M)	-
11	Andy Doody (M)	Ste Clarke (M)	-
12	Lozz Casey (M)	Sophie Snowdon (F)	-
13	-	-	-
14	Mark Humpheys (M)	Sarah McNally (F)	Nick Heard (M)

## HEALTH & SAFETY

### Clothing & Footwear:

- » All clothing must be suitable for athletic activities to prevent injury.
- » Shoes should have good grip and ankle support.
- » No loose or baggy clothing that could get caught on equipment.

### Hydration & Nutrition:

- » Stay hydrated throughout the day—water stations will be available.
- » Eat light, energy-boosting meals to maintain stamina.

### Warm-Up & Stretching:

- » Don't forget, you'll need to keep warm and limber too!

### Injury Prevention:

- » If at any point you feel unwell or sustain an injury, stop immediately and inform another marshal or medic.
- » Listen to your body—do not overexert yourself.

### Weather Conditions:

- » Be aware of changing weather conditions (sun, rain, or wind).
- » Events will continue in light rain, so plan for wet surfaces.
- » Bring suitable clothing to be in the rain for extended periods

### Volunteer Behaviour:

- » Always respect the space and safety of fellow competitors. Avoid reckless behaviour or pushing limits beyond safety.
- » We reserve the right to remove volunteers not adhering to safety protocols or event guidelines.

### First Aid & Medical Support:

- » First aider will be clearly marked and available throughout the venue.
- » If you have any medical conditions (e.g., asthma, allergies), carry necessary medication and inform the staff in advance.

# SUGGESTED PACKING LIST

## 1. Clothing & Footwear

- » **Workout Attire:** Suitable for physical activity. Avoid loose clothing.
- » **Shoes:** Sturdy, grippy shoes with ankle support (for running and lifting).
- » **Spare Clothes:** Dry clothes to change into if weather is wet.
- » **Waterproof Bag:** To store wet clothes.
- » **Towel:** For drying off if weather is wet.
- » **Warm Layers:** Lightweight jacket or hoodie for warmth between events.
- » **Waterproof Layers:** It is likely to rain on the day - stay dry.
- » **Hat & Sunglasses:** For sun protection during outdoor events.

## 2. Hydration & Nutrition

- » **Water Bottle:** Large, refillable water bottle. Hydration stations available.
- » **Sports Drinks:** Electrolyte, glucose & energy drinks.
- » **Snacks:** Energy bars, fruits, nuts, and light snacks. Avoid heavy meals.
- » **Pre-packed Meal:** Lunch in a longer break.

## 3. Fitness Equipment

- » **Weightlifting Gloves:** Protect your hands during grip-intensive events.

## 4. Health & Safety Gear

- » **Sun Protection:** Sunscreen (SPF 30 or higher) outdoors all-day.
- » **Personal First Aid Kit:** Basic such as band-aids, blister pads, and any personal medication (e.g., inhalers, allergy meds).

## 5. Miscellaneous

- » **Phone:** Whatsapp will be the official communication method
- » **Charger:** A powerbank, you'll need your phone throughout the day.
- » **ID & Registration Information:** Keep these handy for check-in.
- » **Plastic Bags:** For storing wet or dirty clothes and shoes.
- » **Small Backpack or Gym Bag:** To store your items conveniently.