# East Anglian Air Ambulance

# Volunteer Role Description

# Occasional volunteer - Only The Brave

**Why we need you**

Only the Brave, East Anglian Air Ambulances mud obstacle race is back! After the success of previous years we need your help to make it happen all over again. Only The Brave is a 6 or 10 mile obstacle race. Hearty shouts and encouragement, support and a big smile from all our volunteers will turn this event from being aspirational to inspirational.

**What will I be doing?**

* Marshalling at the obstacles
* Helping with car parking
* Giving out ‘goody bags’
* Handing out water at the water stations

# When and where will I be volunteering?

# Only The Brave is on Sunday 22 September 2024 at the Euston Estate, Suffolk IP24 2QH

# What we’re looking for

# Enthusiasm and fun!

# • A friendly and approachable manner

# • A willingness to get stuck in, get involved and be part of our team of volunteers.

•Whilst no specific skills are required, you must be physically fit enough to walk around the course and be on your feet for long periods of time. This is an off road muddy obstacle course which realistically may present access problems for those with mobility issues.

# What’s in it for you

* Join a warm and friendly team of like-minded people
* Lunch will be provided
* Travelling expenses can be reimbursed

# Interested?

# Please click here to complete our short form [East Anglian Air Ambulance - Occasional Volunteer Form (Page 1 of 6)](https://forms.office.com/pages/responsepage.aspx?id=cVUKNM6pZECP-vWcw9v6otkeTUiJLwFFslNh-Amfr2lUODVORlEyTzdSV0lKQk1KUVpVRUNPSkdCUi4u)

# For further information please contact info@eaaa.org.uk , call 03450 669999 or visit our website [www.eaaa.org.uk](http://www.eaaa.org.uk)

# We look forward to meeting you!