

TWS TEAM CAPTAIN INFORMATION

I. WHAT DOES IT MEAN TO BE A TEAM CAPTAIN (MINDSET)

- A. Racers are number one priority
- B. Remain calm throughout race especially first day
- C. Be polite to Checkpoint Officials, Ham Operators, Team Captains, Spectators
- D. Contact TWS Officials if you have questions about rules
- E. **Participate in practices...learn the driving route and determine hand off locations**

II. KNOW THE RULES

- A. KNOW THE RULES - Lack of knowledge can get your team DQ'd
- B. Trespassing is not allowed by TWS rules
- C. One switch of Team Captain allowed. Waivers signed and notification to officials mandatory

III. TEAM CAPTAIN/SUPPORT

- A. 2 Team Captains allowed per team – recommend having two TC's
- B. Delegate support (washing jugs, prepping, splits)
- C. Separate vehicles a good idea

IV. MAINTAIN YOUR WELL BEING AS A TEAM CAPTAIN

- A. Sleep – You must!
- B. Eat regularly and stay hydrated
- C. Stay Sober throughout the race

V. CARS/PARKING

- A. Type of vehicle – car or truck; depends on team size and support
- B. Good Working Condition
- C. Park for ability to easily leave location
 - 1. Could be far from bridge or handoff
 - 2. Mud – watch for it under bridges – don't get stuck
 - 3. Do not leave keys in/ doors unlocked in unsecured area
 - 4. Park near other support vehicles

VI. WATER HANDOFFS

- A. *How to*
 - 1. Remove/Insert jugs; Ice packs; Food bags
 - 2. Retrieve thrown items
 - 3. Water Temperature – discuss with team – at night some racers do not prefer ice cold water
 - 4. Handoff location pre-determined with team (Reference Hand-off Spreadsheet)
 - a) Give split, competitors locations and times
 - b) Give upcoming mileage and/or hazards
 - c) Assessment of team mental/physical condition
 - d) Jugs, Food and Ice Packs

VII. CHILDREN/PETS

- A. *Children* – Have help if they are young; difficult to focus on team captain responsibilities if distracted
- B. *Pets* – Well behaved, Leash amenable, Beware of HEAT

VIII. MEDICAL

- A. Know the difference - Fatigue, Heat Exhaustion, Hallucinations, Electrolyte Alterations, Plain old tired
- B. Assessing Team Condition and what to do – food and liquid intake
- C. First Aid Kit

IX. WHEN YOU HIT SEADRIFT

- A. Clean up rooms provided – not for sleeping
- B. Be time conscious – these rooms are open rooms