

We Walk UHNITED Volunteer role guide

Help us bring We Walk UHNITED to life!

Every role helps make this event a success. Your energy powers the day and supports the life-saving work of UHN. Let's make it great together!

TABLE OF CONTENTS

PRE-EVENT VOLUNTEER ROLES (MAY 25-29, 2026)	3
Kit and incentive pick up team	3
Site set up team	3
EVENT DAY VOLUNTEER ROLES (MAY 30, 2026)	4
Site set up team	4
Kit and incentive pick up team	4
Celebration site general information team	5
Flow and safety team	5
Food and beverage team.....	6
Route walk team.....	6
Pit stop team	7
Participant activities team	7
Site tear down team.....	8

PRE-EVENT VOLUNTEER ROLES (MAY 25-29, 2026)

Kit and incentive pick up team

Dates: Monday, May 25 – Thursday, May 28, 2026

Location: Downtown Toronto

Time commitments: May 25: 11 a.m. – 3:30 p.m. | 2:30 p.m. – 7 p.m.

May 26-28: 9 a.m. – 1 p.m. | 12 p.m. – 4 p.m. | 3 p.m. – 7 p.m.

Physical requirements: May include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Kit and incentive pick up team** ensures participants start their We Walk UHNITED experience feeling prepared, welcomed, and excited. Volunteers help distribute kits, incentive prizes, and answer questions, creating a smooth and positive check-in process. Their work sets the tone for the entire event by keeping lines moving and ensuring participants feel supported.

Key responsibilities:

- Distribute walk kits, bibs, shirts, and incentive prizes.
 - Manage lines, answer basic questions, and keep the flow moving.
 - Maintain organized stations and restock supplies as needed.
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Site set up team

Date: Friday, May 29, 2026

Location: Toronto General Hospital, Outdoor Parking Lot (201 Elizabeth St.)

Time commitment: 4 p.m. – 8 p.m.

Physical requirements: Will include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Site set up team** builds the physical foundation of the event by preparing the celebration site ahead of time. Volunteers help set up infrastructure based on detailed site plans, ensuring everything is safe, organized, and ready for event day. Their work creates the environment participants will enjoy the next morning.

Key responsibilities:

- Set up tents, tables, signage, and event infrastructure.
 - Unload trucks and position equipment based on site maps.
 - Support logistics to ensure the site is ready for event day.
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EVENT DAY VOLUNTEER ROLES (MAY 30, 2026)

Site set up team

Date: May 30, 2026

Location: Toronto General Hospital, Outdoor Parking Lot (201 Elizabeth St.)

Time commitments: 6 a.m. – 10 a.m. | 6 a.m. – 1 p.m.

Physical requirements: Will include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Site set up team** brings the event space to life on event morning by completing all last-minute set-up tasks before participants arrive. Volunteers activate activity zones, food stations, vendor areas, and sponsor spaces across multiple locations. Their work ensures the entire celebration site is polished, functional, and welcoming.

Key responsibilities:

- Complete morning set-up of activity areas, vendors, food stations, and sponsor spaces.
 - Prepare multiple locations including the Celebration site and Pit stops.
 - Support vendors and sponsors with unloading and setup.
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Kit and incentive pick up team

Date: May 30, 2026

Location: Downtown Toronto

Time commitment: 6 a.m. – 11 a.m.

Physical requirements: May include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Kit and incentive pick up team** ensures participants start their We Walk UHNITED experience feeling prepared, welcomed, and excited. Volunteers help distribute kits, incentive prizes, and answer questions, creating a smooth and positive check-in process. Their work sets the tone for the entire event by keeping lines moving and ensuring participants feel supported.

Key responsibilities:

- Distribute walk kits, bibs, shirts, and incentive prizes.
 - Manage lines, answer basic questions, and keep the flow moving.
 - Maintain organized stations and restock supplies as needed.
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Celebration site general information team

Date: May 30, 2026

Location: Toronto General Hospital, Outdoor Parking Lot (201 Elizabeth St.)

Time Commitment: 7 a.m. – 1 p.m.

Physical requirements: May include standing for long periods of time

The **General Information team** acts as the central hub for participant support and event information. Volunteers answer questions, provide directions, assist with donations, and encourage next-year registration. Their friendly presence helps participants feel confident, informed, and connected throughout the day.

Key responsibilities:

- Provide information at booths and as roaming “Ask Me” volunteers.
 - Support donation collection, FAQs, and next-year registration.
 - Direct participants around the celebration site.
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Flow and safety team

Date: May 30, 2026

Location: Toronto General Hospital, Outdoor Parking Lot (201 Elizabeth St.)

Time Commitment: 7 a.m. – 1 p.m.

Physical requirements: May include standing for long periods of time

The **Flow and safety team** ensures the celebration site remains safe, organized, and easy to navigate. Volunteers manage entrance flow, monitor crowd movement, and maintain orderly areas throughout the event. Their efforts help prevent congestion and keep participants comfortable.

Key responsibilities:

- Manage safe foot traffic at entrances/exits and monitor attendee numbers.
 - Oversee washroom lines and prevent site bottlenecks.
 - Maintain clean, accessible seating and gathering areas.
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Food and beverage team

Date: May 30, 2026

Location: Toronto General Hospital, Outdoor Parking Lot (201 Elizabeth St.)

Time Commitment: 6 a.m. – 1 p.m.

Physical requirements: May include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Food and Beverage team** supports a positive and efficient mealtime experience for participants. Volunteers assist vendors, restock supplies, manage lines, and maintain clean service areas. Their work ensures guests stay fueled and hydrated throughout the event.

Key responsibilities:

- Manage food lines and assist vendors with service needs.
 - Restock supplies and maintain clean food areas.
 - Keep hydration stations running smoothly.
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Route walk team

Date: May 30, 2026

Location: Walk route – Downtown Toronto (2 km and 5 km routes)

Time Commitment: 7 a.m. – 1 p.m.

Physical requirements: Will include standing or walking for long periods of time

The **Route Walk team** ensures walkers enjoy a safe, well-guided, and uplifting experience along the 2 km and 5 km routes. Volunteers help manage corral starts, direct walkers, monitor safety, and cheer participants along the way. Their presence keeps the walk organized and encouraging from start to finish.

Key responsibilities:

- Guide walkers at the start and manage corral flow.
 - Marshal route points to provide direction and safety support.
 - Serve as cabooses or floaters to ensure no participant is left behind.
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Pit stop team

Date: May 30, 2026

Locations: Michener Institute (2 km route) – Elm St. and McCaul St. | Toronto Western Hospital (5 km route) – Dundas St. and Carlyle St.

Time Commitment: 7 a.m. – 1 p.m.

Physical requirements: Will include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Pit Stop team** boosts morale by running cheering stations and mid-route support areas. Volunteers hand out water, celebrate walker progress, and create a fun, high-energy atmosphere. They play a key role in keeping spirits high and motivating participants along the route.

Key responsibilities:

- Operate mid-route cheering and support stations.
 - Provide water, encouragement, and positive energy.
 - Assist with setup and teardown of pit stop stations.
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Participant activities team

Date: May 30, 2026

Location: Toronto General Hospital, Outdoor Parking Lot (201 Elizabeth St.)

Time Commitment: 7 a.m. – 1 p.m.

Physical requirements: May include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Participant Activities team** brings excitement and engagement to the Celebration site through games, activities, and photo opportunities. Volunteers help run stations, support families, and maintain organized activity spaces for participants of all ages. Their work helps create a lively, memorable post-walk experience.

Key responsibilities:

- Oversee children's activities, games, and photo areas.
 - Manage lines and maintain safe, organized activity zones.
 - Support vendors and assist with crowd flow.
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Site tear down team

Date: May 30, 2026

Location: Toronto General Hospital, Outdoor Parking Lot (201 Elizabeth St.)

Time commitments: 11 a.m. – 3 p.m. | 1 p.m. – 5 p.m.

Physical requirements: Will include standing for long periods of time and heavy lifting (up to 50 lbs)

The **Tear Down team** ensures We Walk UHNITED ends smoothly and responsibly by dismantling the event space. Volunteers break down infrastructure, organize materials, and restore the site to its original condition. Their work is essential for a clean, efficient, and safe event close-out.

Key responsibilities:

- Tear down tents, tables, signage, and event materials.
 - Organize items for pickup and storage.
 - Ensure the site is fully cleaned and restored.
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