

unique Volunteer Guide

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WHAT IS GGBY?

GGBY is an annual gathering of the international highline community over the canyons of Moab, Utah. GGBY, which stands for Gobble Gobble Bitches Yeah, takes place during Thanksgiving week each year and was conceived over a decade ago by a group of highliners who gathered informally to celebrate and have fun. The gathering has grown to include hundreds of participants and spectators and has received international recognition for the visually striking aesthetics of the canyons and the shenanigans. 2018 marks the 11th year of GGBY and the second year of official organization

GGBY Highline Gathering is first and foremost a community gathering with a mission of service. Slackline U.S., a 501(c)(3) non-profit that works to serve the US slackline community at the national level, is the official organizing body of GGBY and seeks to maintain an organic feel while helping maintain access for the community. Slackline US and local GGBY facilitators are working with local land managers and officials to keep an stewards to the Fruit Bowl Highline Area.

MISSION

Our mission is to facilitate adventurous experiences and meaningful connections with friends, our community, the environment, and ourselves through highlining, workshops and other flow activities.

values

Empowering, supporting, and inspiring others
Treating all individuals with respect, honesty, and integrity
Stewardship in the protection and service of the planet

WHAT'S A VOLUNTEER?

core ream concepts

(Courtesy of the Northern Arizona Highline Gathering)

- **Teamwork Makes the Dream Work** Feel the cog, be the cog.
- Care for Each Other! To keep our badass volunteer team strong over the course of the gathering, we will need to take amazing care of each other! If you notice that someone needs something, make sure they get it.
- **See Something Say Something** Yes, the 4 S's! Whether you notice inappropriate sexual advances, rigging errors, or a noob not checking their knot properly, please speak up and encourage a safe space to share concerns and raise awareness!
- Stay Balanced Remember to take personal time, rest and have fun! If us volunteersdon't appear to be having fun, it will affect everyone at the gathering. If you are overly stressed and are in the middle of a shift, holler out on the radio and we will help you out!. Please do not abuse this.

Responsibilities

- Volunteers are to remain sober on shift.
- Yes, it's a volunteer role, but *please* be on time.
- Emergency preparedness (see emergency protocol below)
- The food prep team will be feeding *over 70 people*. We want everyone to feel nourished and provided for, but please be mindful when going for seconds.
- Please do not walk from the parking lot to the Fruit Bowl empty-handed if there are things to be carried (e.g. food, equipment, fire wood, water, etc.)
- To relieve pressure on the LNT team, please make every effort to poo in the parking lot porta potties, and spread the word to other festival-goers to do the same!
- **Everyone** should be receiving buddy checks before getting on the highlines! This is incredibly important, so please lead by example. If you need a refresher, check out this <u>ISA</u> post.

perks

- Volunteers will have ticket fee waived. At checkout, use coupon code 'TWIZZLERS'
- Workshop teachers will receive one free day pass for each workshop taught. At checkout, use 'REESES'
- Volunteers will receive breakfast, lunch, and dinner (courtesy of the Food Prep team!)

our promise to you

It's a huge priority for the organizational team that you feel safe, appreciated and supported throughout the gathering.

Remember that your organizers are here for YOU as much as anyone else. Please never hesitate to speak up or reach out for any reason at all--before, during and even after the gathering.

Yes, we will all be exhausted together by the end of this--but if we do things right, we'll also feel deeply nourished and walk back into the world standing tall and overflowing with inspiration.

Closing sentence? Get stoked!

welcome to this massive team of 76 humans

THE NYLON NINJAS

Your team is your lifeline. Where one maybe fall short, the rest will carry. We will carry each other through the toughest of breaks, and we will glide with one another on the highest of cliffs. We *highly* recommend familiarizing yourself with your fellow team members before the gathering. Use this information to benefit your own experience and the experience of everyone at the gathering. With a concerted effort from each of

you, we will leave the fruit bowl empty, and the hearts of us and all of our friends overflowing

теат метвегs

Dan Walsh, President, Slackline U.S., Mr. President

RIGGING

Jerry Miszewski, Team Coordinator

These humans get the rope across. Love them.

Rafael Bridi

Dani Schmidt

Friedi Kuhne

Mia Noblet

Greg Fishell

Mauro Poletti

Dakota Collins

Zac Timmons

Josh Rovder

Gerald Situ

Bryan Sipe

Will Primrose

lacob Adamson

Pablo Signoret

Nick Dean

SPACE NET

Ryan Jenks, Team Coordinator

These humans build the spider web. Love them.

River Echeverria

Garrison Rowland Michael Melner Kiley Hartigan Kimberly Weglin

Medical

Ethan Arkin, Team Coordinator

These humans are basically Doctor Who. Love them.

Wade Desai Alli Gordon Justin Smestad Scooter Finney Sarah Hill Kate Hives Josef Saunders

меріа

Scott Rogers, Team Coordinator

These humans record community into history. Love them.

Katrin Bell Aidan Williams Michael Madsen

information desk

Maddie Mckenzie, Team Coordinator
These humans record community into history. Love them.

Bianca Brzezinski RJ Roush Steven Milov Feagann Harlow Taylor Virginia

Philip Queen Matt Dunkleberger

FOOD Preparation

Tiffany Jade, Team Coordinator
These humans nourish you. Love them.

Alexandra Reynaldo
Josh Richardson
Dalton Snow
Josh Beaudoin
Michelle Griffith
Eric Z
Mia Kerry
Debb Ashby
Rachel Anne
Jacque Garcia
Stephen Burns

SHUTTLE

Nick Olson, Team Coordinator
These humans transport you. Love them.

Marshall Leaver Savannah Steamer Nick DeTone Breann Bassler

Leave no trace

Jesse Faircloth, Team Coordinator
These humans take care of the land. Love them.

Ashley Meyer Sean Hawkins Jenny O'Neil
Alex Wallace
Ben Judson
Alex Patton
Kat Nebrida
Athena Gilliam
Heather Larsen
Lorenzo DeMuro

WORKSHOP TEACHERS

Rachel Dobos, Team Coordinator

These humans share their knowledge with you. Love them.

Louie Wray Alexandra Reynaldo Michelle Griffith **Tiffany Jade Dani Schmidt Liz Thomas** Josh Beaudoin **Brian Mosbaugh** Bianca B. RI Roush **Anna Littleton** Sara Kokkelenberg Will Primrose Leila Noone Kali Turner Sarah Hill Damon Hill **Ashley Meyer** Jeramiah Morgan Maddie Mckenzie Jess Joy Liz Galloway **Dany Bouchard Zac Timmons Andrew Gasparis**

schedule

YOU CAN FIND THE DETAILED, CURRENT EVENT SCHEDULE and DESCRIPTIONS IN THE GGBY APP!

YOGA	MEDITATION	SLACKLINE	ACROBATICS	EXPLORE	TALKS
	Monday, 19th	Tuesday, 20th	Wednesday, 21st	Thursday, 22nd	Friday, 23rd
	Monday, 15th	ruosuay, zour	Wednesday, 21st	muisuay, Zznu	i nady, zora
BREAKFAST 8:00-10:00 AM				Breakfast w/ Sarah & Damon	
9:00 AM	BREATH AND MOVEMENT GROUP ENGAGMENT	VINYASA W/ JESS	YOGA FOR ATHLETES W/ MICHELLE	POWER YOGA W/ LIZ G.	MORNING MOVEMENT W/ LOUIE
10:00 AM		MEDITATION W/ DANI		MEDITATION W/	
11:00 AM	SLACKLINE YOGA W/ LIZ THOMAS	INTRO TO HIGHLINING W/ DANY AND LOUIE	TANDEM SLACKLINE W/ MICHELLE & JOSH	MONOLITHIC BOUNCE W/ FRIEDI AND ZAC	RIGGING ANALYSIS W/ JERRY AND ZAC
LUNCH 12:30-2:00 PM					
1:00 PM	SLACKRO W/ MICHELLE, ALEX, BRIAN	INVERSIONS IN ACRO W/ RACHEL, DANI & LOUIE	ACRO DANCE W/ LEILA AND ANDREW	ARM BALANCE W/ LOUIE AND ASISSTANT	GROUP MOVEMENT SHARE SLACKROTOPIA
2:00 PM					
3:00 PM	DNAce iMprovisation The art W/ BIANCA & RJ	COSMIC PLAY W/ ANNA & MELISSA	SHIBARI W/ SARA, MAD, JER, KALI	TRIBAL DANCE W/ LEILA & ANDREW	THAI MASSAGE W/ PAULINA
4:00 PM					
5:00 PM	THERAPUETIC HIGHLINES W/ WILL	SLACKLINE US & ISA W/ RACHEL & ZAC TIMMONS?	BLM TALK CATHY?	SELF CARE IS HEALTH CARE W/ LOUIE AND PAULINA	CONSCIOUS AND SUSTAINABLE LIVING W/ ASHLEY
DINNER 6:00-7:00 PM		SUNSET OM CIRCLE W/ DANY B.		THANKSGIVING POTLUCK	
7:00 PM					
8:00 PM	FIRE / FIRE SPINNING & HISTORY OF GGBY W/ TERRY	MOVIE NIGHT	TALENT SHOW	SLACKLIFE BC DANCE PARTY	FIRE CEREMONY

RIGGING & SAFETY

All rigging modifications must go through the lead rigger on shift. Rigs will be standardized as much as anchors and equipment allow. If you see something odd and aren't sure about it, run it by a rigger before changing it. Use a radio!

At this year's GGBY, all anchor points will be either old "Terry-style" wedge bolts or new glue-in eye bolts. Every anchor will use a Hang-Frame and a custom-designed crash pad to ensure that soft materials like rope and webbing will never touch the cliff edge in any way If you are not a rigger but are curious to learn more, ask someone on the rigging team to explain the basic framework of the rigging at GGBY.

Rigs will be checked every day before lines open at 8 AM, and again around mid-day. A standardized rig-checking protocol will be employed. Lines close at 6 PM, unless we are night lining!

Standard Bolt Rigging Protocol 3-4 Point BFK to Hang-Frame

All tree wrap main anchors will be formed with a spanset, using a "bgebz" knot with an integrated weblock. Integrating the weblock will help us save steel connectors for other purposes, like connecting backup lines. All main anchors, even spansets, will be backed-up.

Webbing connections

All main lines will be connected using either sewn loops or weblocks. Backup lines will use either sewn loops or sleeved frost knots. Webbing connectors that stand any chance of vibrating loose (I'm looking at you, shackle pins) will be zip-tied closed after being tightened with a wrench.

Hang-Frames

Will be secured to the anchor using several ratchet straps to prevent any slippage either forwards or backwards. Each Hang-Frame will have a true SRENE (Strong, Redundant, Equalized, Non-Extending) master point incorporated into it.

Abrasion protection

The combination of the new Hang-Frames and customized crash pads will prevent all possibility of abrasion for both the main and backup line on almost every single rig. In the event that a crash pad doesn't completely cover the cliff edge, Sidewinder webbing sleeves will be used.

Buddy Checks!

Please familiarize yourself with a figure 8 knot to the point of insanity. Ensure your waist harness fits and can be double backed. Become comfortable asking for buddy checks for yourself and for those around you. While it does not need to be something we enforce, we should as a team, be extremely aware of the individual level of awareness of each participant in the moment. Most accidents in the climbing / highlining world happen because of comfort and complacency to simple, seemingly-obvious issues like failure to complete a knot. Awareness, alive, lack of awareness, dead. Stay aware, stay alive

SPACE NET

General procedures

We are aiming to have 15 spacenets all interwoven this year into "Netropolis". That is a lot of surface area so don't be an idiot and think we can fill it up with monkeys. Please help us limit the # of slackers who get on the system and please help us keep everyone tied in while they get their selfies and do their yoga. Did you know having lots of different space net legs is NOT redundant? It is a liability! IF just 1 leg goes then the whole system will go limp and anyone not attached could fly off. Let's keep this slack art project fun and safe!

Medical

Stay calm. Call for help. Remain with the patient.

GGBY will have 8 volunteer medics, including 2 supervisors. The team is made up of nurses, a doctor, WFRs and a chiropractor with various levels of experience and training in outdoor medicine and critical care.

From 9am-6pm, 2 medics and 1 supervising medic will be on radio at all times. During off hours a supervising medic will carry a radio.

On call medics can be identified by reflective "MEDIC" armbands:



The Med tent is prominently located at the opening of the Fruit Bowl, and will have the following 2 flags hung on it:



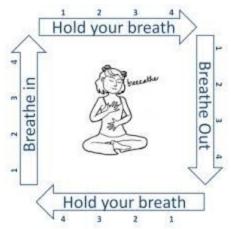
Last year we learned the majority of incidents that required our services were minor wounds. However, the medical team will have tools to respond to a variety of threats to life and limb, including:

- Backboard (spine injuries & loss of mobility)
- Automated External Defibrillator (Cardiac Arrest)
 - Epi-pen(s) (Allergic Reaction)
 - Narcan (Opioid reversal agent for overdose)
 - Tourniquet (serious extremity bleedingk)
 - Satellite phone for rapid evacuation.

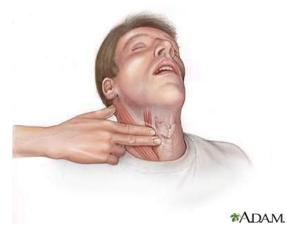
As a volunteer and participant you may witness an event that becomes an emergency. If you find yourself in a situation that you are not 100% certain you can handle do not hesitate to CALL FOR HELP!

Here are few helpful guidelines to follow if you encounter an emergency:

1. **Stay calm and take a deep breath.** It is normal to feel panicked or scared during an emergency. Tactical breathing is an effective practice for maintaining your cool:



- 2. **Take another deep breath!** Yup, it's that important.
- 3. **Assess the scene--is it safe?** Are you putting yourself in any danger? If there is any risk to yourself, hold back and get help. Saving two people is 100% more effort than saving one.
- 4. **If you find someone unresponsive**, first try to wake them up, then see if they are breathing or have a pulse. To check for breathing, watch their chest for rise and fall, or feels for breath from the nose and mouth. Feel for a pulse between the throat and neck muscles:



If there is no pulse, begin chest compressions.
*Even if you are not CPR certified, any compressions are better than no compression.

5. Call for help (YELL if you have to) and do not leave the patient unless absolutely necessary.

Emergency Protocols

First, find someone with a radio and raise the On-Call Organizer.

While we all so earnestly hope everything goes smoothly as planned, shit does happen. Here are some things to keep in mind during an "emergency". At least one of us organizers will be on call during all line-open hours. That means **one** of us will always be on radio, be sober, and have a line grip, rescue kit and medical kit within arm's reach. This person will be ready to respond for anything you might need.

Highline Emergencies

A comprehensive highline rescue kit will be on hand during all line-open hours. Us organizers are well-versed in the rescue protocol; volunteers should only be needed for assistance with hauling victims.

Medical Emergencies

Several team members have emergency medical training. At least one comprehensive medical kit appropriate for WFR scope of practice will be on hand at all times. A detailed emergency medical plan has been filed with the Forest Service.

INTELLECT

CHECK-IN Procedure

Overview - The information desk will serve as a single point of information for participants, coordinators, organizers, and volunteers during the festival. With that being the case, there is a likelihood that volunteers will be asked questions that they don't have the answers to. Volunteers should always feel comfortable communicating with the coordinator/assistant that the question pertains to or using the resources provided at the check-in desk to answer questions. Online ticket sales will close and final ticket sales information will be printed and added to a check-in booklet along with other resources such as workshop schedule, and highline information. The records for ticket sales are kept in the check-in booklet AT ALL TIMES.

Check In - Upon a participants arrival to the gathering, the volunteer on schedule will confirm if the participant has purchased a ticket using the printed records of ticket sales. If the participant has purchased a ticket they should be given the appropriate wrist band and confirm information in booklet is correct/filled out by the volunteer. The volunteer will highlight the participants name to indicate they have checked in. In case of lost wristband participant can obtain a new wrist band at any time according to the records in the check in booklet.

Before entering the gathering the participant must sign all waivers. The volunteers on schedule should confirm if the participant has signed waivers during online ticket purchases. If they have not, they can fill out a physical form which will be stored in the check-in booklet.

If the participant has not purchased a ticket they can purchase a ticket upon arrival with cash or credit and then issued the appropriate wristband. The volunteer on schedule will document the participants info according to the check-in booklet before the participant may enter the gathering. In the event that the card reader does not work properly, the volunteer on schedule should document participants credit card information according to the check in sheet for post gathering purchases. Hi Maddie I love you <3 Heeeeyyyy <3 great work :) Is this the kind of info youre looking for? Everything I'm adding is in blue

Thanks so much it looks great.youre great no you are we are <3 <3 <3

Add to list if not on it. Line mounting exercise. Give correct wristband, write last day paid on wristband and list. Give handout card, Huppies, T-shirt.

Attendee orientation - The volunteers on schedule should give the participant entering the festival a rundown of festival protocol, including bathrooms (which and how to use), LNT, open hours for lines, where to direct questions/how to identify/contact volunteers, line mount and leash climb test. Upon arrival volunteers should encourage participants to sign up for a Slackline U.S membership to receive discounts, purchase t-shirts, download the GGBY mobile app, and how to read the map of the Fruit Bowl.

Bathrooms (which to use and how), LNT, Open hours for lines, Who to ask questions (Volunteers in purple shirts), Line mount test for highline access, BEGINNER Orientation-Please don't get on until you can mount the line and leash climb, please stay on the two beginner lines until you send one.

Medical - Use radio to contact person on call. First aid kit at table.

Forest service - Use radio to contact person on call.

NOURISHMENT

Give praise to the team who feeds you!

Give praise to the team who feeds you!

Breakfast 8-10 AM Lunch 1230-2 PM Dinner 6-7 PM

Bring your own utensils! Bowl, Fork, Spoon, Cup!:) <3

A comprehensive highline rescue kit will be on hand during all line-open hours. Us organizers are well-versed in the rescue protocol; volunteers should only be needed for assistance with hauling victims.

Thanksgiving Potluck!

A comprehensive highline rescue kit will be on hand during all line-open hours. Us organizers are well-versed in the rescue protocol; volunteers should only be needed for assistance with hauling victims.

Transportation

Shuttle Drivers. You are responsible for traveling back and forth between the Fruitbowl, Parking Lot A, and Parking Lot B. You will be transporting attendees, volunteers, gear, and whatever else needs moving. We have set up designated hours, and have helped make participants aware of these hours.

Sunday 3pm - 6pm

 Monday
 8am - Noon & 2pm - 8pm

 Tuesday
 8am - Noon & 2pm - 8pm

 Wednesday
 8am - Noon & 2pm - 8pm

 Thursday
 8am - Noon & 2pm - 8pm

 Friday
 8am - Noon & 2pm - 8pm

Saturday 8am - 1pm

Volunteers. You are responsible for checking up on each of the three areas (Fruitbowl, Parking Lot A, and Parking Lot B) three times each day, while riding along with the Shuttle Drivers. We need to ensure that people are parking in the correct areas (only in Parking Lots A & B unless they have a pass for the Fruitbowl lot), and parking in the correct way, so that they're not damaging the environment. You will have Warning Tickets to put on any cars that are parked in the wrong lot or parked improperly, and if needed we can try to track people down.

Volunteers will also be helping setup on Sunday (11/18) afternoon, and tear-down on Saturday (11/24) morning.

Leave no trace



Leave No Trace, **Pack-In Pack-Out (100%)** and **Zero Waste** are some of the most common programs for promoting sustainability and protecting our beautiful outdoors.

Unfortunately, these practices are nearly impossible to achieve because they require a communal awareness and simply put, humans create waste. When we camp and play outside, we leave footprints, urine spots, ashes and create trash ... not to mention where all our fancy gear come from. Even when we buy food from the grocery store chances are we are create a byproduct. Now to add insult to injury, due to limited resources and the remoteness of Moab most of the trash and many recyclable products that are "Properly Disposed" of will likely end up ONLY 10 miles North of the Fruit Bowl in the Klondike Landfill!

However, NOT ALL IS LOST, the traces we leave can range from long-term to short term and from negative to positive. The cool part about sustainability is we can choose how we would like to impact the areas around us. By educating ourselves, working as a community and giving an honest effort we could possibly even leave places better than we found them.

Below are some of ways we can work together to protect the Fruit Bowl and the surrounding DESERT. Do not be afraid to share this information or afraid to hold others to these standards. Keep in mind that sustainability practices are often strongly based on the environment in which we are currently occupying and can change dramatically from place to place. More detailed information about local ecosystems can be found on the Canyonlands National Park Service website: https://www.nps.gov/cany/index.htm

FIRE/FIREWOOD/TREE USAGE

DO NOT CUT, BREAK OFF, OR GATHER FIREWOOD

- Please use wood provided by GGBY
- Packing-In wood for yourself and friends is always a way to insure a warm night
- The average campfire can be one of our largest impacts
- Bigger isn't always better
- Using community fire pits saves wood and is a great way to make new friends

We all love and enjoy the classic campfire when we are spending time outside, it provides a cozziness to the camp, heat to keep us warm, a way to prepare food, and in some cases a sense of safety from the wilderness.

However, in the Moab DESERT trees, shrubs and other plant life struggle to survive with less 9 inches of rain a year and little to no soil . As a result of these extreme conditions many plants grow very slow. Please DO NOT sling hammocks or rig slacklines off the trees in the Fruit Bowl area. Also be sure to remove all string and cordage tied around trees because over time it can restrict growth and physically "Choke" or "Strangle" a tree. More information can be found on Canyonlands National Park Services website:

https://www.nps.gov/cany/learn/nature/treesandshrubs.htm

"Mixed stands of Pinyon Pine and Utah Juniper cover millions of acres in the southwest. In Canyonlands, pinyon-juniper woodlands thrive on mesa tops like the Island in the Sky and the Orange Cliffs west of the Maze. As elevation decreases, trees become more scattered.

Pinyon pines have crooked trunks, reddish bark and are very slow growing. Trees 4 to 6 inches in diameter and 10 feet tall may be 80 to 100 years old. Their root systems are extensive and often mirror the size of the above ground tree.

The Utah juniper is the classic desert tree. Its twisting, often-dead branches seem to epitomize the struggle of life with little water. When moisture is scarce, a juniper will actually stop the flow of fluids to some outer branches so that the tree has a better chance for survival."

NON ACCEPTABLE RECYCLING	ACCEPTABLE RECYCLING	Private Compost (GGBY STAFF)
#1 plastics (Clamshells)	Aluminum Cans	Food Scraps(No Meat/Oil)
#2 plastic (Frosted and Colored Containers)	Steel Cans	Coffee Grounds
#3-#7 plastics (Mainly Food Containers)	Corrugated Brown Cardboard	Coffee Filter
Plastic Film, Bags, and Wrappers	#1 Plastic Water Bottles	Tea Bags
Newspaper	#2 Plastic (Milk Jugs Only)	Egg shells
Mix Fiber, Wax or Painted Cardboard		Brown Paper Towels
Styrofoam		Brown Paper Napkins
Aerosol cans		
Glass		

REMINDER: All other residential and commercial waste goes to the 80 acre Klondike Landfill (Class 1 facility), less than 10 miles North of the Fruit Bowl, where it is <u>BURIED!!</u>

THANK YOU!

Thank you everyone for being a part of this beautiful gathering!

This guide is courtesy of Louie Wray, Zac Timmons, & Greg Fishell of the Northern Arizona Highline Gathering. If you find them, tell them thank you and ask to hug them!!!