

JBG Kolkata Marathon — Kolkata Marathon Medical Army (KMMA)

Be There When a Runner Needs You

A marathon is a celebration of endurance, determination and the human spirit. But during a race, runners can sometimes find themselves exhausted, dehydrated, injured or in distress. That is where the **Kolkata Marathon Medical Army (KMMA)** comes in.

KMMA is a dedicated network of **JBG Kolkata Marathon registered runners** who volunteer to look out for fellow participants during the race and assist them when they need help.

We are inviting **every registered runner of JBG Kolkata Marathon** who is willing to serve, help fellow runners and be part of this unique initiative to join the KMMA. **Also non registered runners who want to serve as QRT team Members** (Stationed at Route, venue or given other tasks based on the situation, like Bike Ambulance pilots etc).

You don't need to be a medical professional. You just need to be willing to help.

What is KMMA?

The **Kolkata Marathon Medical Army (KMMA)** is a distributed first-response support network created by JBG Kolkata Marathon.

While the marathon will have dedicated medical stations, ambulances and professional medical teams, a runner in distress may be located some distance away from these facilities. KMMA members will act as the **eyes and ears on the race route**—identifying runners who may need assistance, providing appropriate basic support within their capability and quickly connecting them with the professional medical team.

KMMA will work closely with:

- JBG Kolkata Marathon's medical team
- Medical stations
- Ambulance and emergency-response teams
- Quick Response Teams (QRTs)
- Race officials and event management
- Other KMMA members along the route

What Will KMMA Volunteers Do?

KMMA volunteers will be expected to stay alert while participating in the race and look out for fellow runners around them.

Their responsibilities may include:

- **Spotting Runners in Distress:** Identify runners who appear exhausted, injured, confused, dehydrated or otherwise unwell.
- **Immediate Assistance:** Stop and offer appropriate basic assistance within your own ability.
- **Stay With the Runner:** Provide reassurance and support until the situation is assessed or help arrives.
- **Alert the Medical Team:** Quickly communicate with the KMMA coordination team or event medical team when professional assistance is required.
- **Guide and Assist:** Help direct a distressed runner towards the nearest medical station when appropriate and safe.

- **Observe and Report:** Keep an eye on fellow runners around you and report situations that may require attention.
- **Coordinate:** Work with QRTs, medical teams and race officials when they arrive at the location.

Remember:

KMMA volunteers are not expected to diagnose or treat medical conditions.

Your role is simple:

Observe → Assist → Alert → Stay → Handover

When in doubt, **call for professional medical assistance.**

Who Can Join KMMA?

If you are a registered JBG Kolkata Marathon runner, you can apply as Running Volunteer. Else you can opt to register as QRT Team Member (for QRT Registration for the run is not needed).

You do not need to be a doctor, nurse, medical professional or trained first responder.

We welcome **any registered runner who:**

- Is willing to help fellow runners
- Is responsible and alert
- Is comfortable stopping their own race to assist another participant
- Is willing to follow KMMA protocols
- Can communicate clearly with the event team
- Understands that runner safety comes before their own race timing

You may be running your first 5K or your tenth marathon.

If you are registered for JBG Kolkata Marathon and willing to serve, you are welcome to join KMMA.

How Will KMMA Work?

KMMA volunteers will participate in their respective race categories while remaining alert to the condition of runners around them.

When a volunteer notices a runner in distress:

1. OBSERVE

Identify whether the runner appears to require assistance.

2. ASSIST

Stop, approach safely and provide basic support within your capability.

3. ALERT

Contact the KMMA coordination / medical team through the designated communication mechanism.

4. STAY

Remain with the runner and provide reassurance until help arrives, wherever appropriate.

5. HANDOVER

Once professional medical personnel or the designated response team arrives, hand over the situation and continue your race only when it is safe to do so.

What Training Will You Receive?

Selected KMMA volunteers will receive a briefing before race day covering:

- How KMMA operates
- Identifying common signs of runner distress
- Basic first-response principles
- Heat, dehydration and exhaustion awareness
- When and how to seek professional medical help
- KMMA communication and escalation protocol
- Coordination with QRTs and medical teams
- Runner and route safety

The briefing is designed to ensure that every KMMA volunteer understands **what to do, what not to do and when to call for help.**

What You Get

The KMMA volunteer opportunity is **non-paid**. No monetary remuneration will be provided for your contribution.

Every volunteer who successfully completes their assigned responsibilities will receive a **Certificate of Appreciation from JBG Kolkata Marathon.**

But more importantly, you become part of a community of runners looking out for one another.

You get the opportunity to:

- Make a direct difference to another runner's race
- Help create a safer marathon
- Be part of a unique runner-led initiative
- Gain experience in race-day emergency response and coordination
- Work alongside the JBG Kolkata Marathon medical and operations teams
- Represent the spirit of the running community

Our Expectations

As a KMMA volunteer, you will be representing the JBG Kolkata Marathon and the KMMA initiative.

We expect:

Responsibility • Alertness • Compassion • Teamwork • Discipline • Safety Awareness

All KMMA volunteers must:

- Follow instructions from the event and medical teams
- Follow the KMMA response protocol
- Never attempt any medical procedure beyond their knowledge or ability
- Never move an injured runner unless it is necessary for immediate safety
- Respect the dignity and privacy of runners
- Never obstruct medical personnel, ambulances or QRTs
- Escalate any serious or uncertain situation immediately
- Put runner safety ahead of their own race timing

Join the Kolkata Marathon Medical Army

You don't need a medical degree.

You don't need to be the fastest runner.

You don't need to run the entire race.

You just need to be willing to stop and help when another runner needs you.

Because on race day, every runner is part of one community.

Run for yourself.

Look out for others.

Be there when it matters.

Become a KMMA Volunteer for JBG Kolkata Marathon.