



OFFICIAL RACE SAFETY PROTOCOL

RACE VENUES

Marabou Ranch, Steamboat Springs, CO
Howelsen Hill Ski Area, Steamboat Springs, CO
Oak Creek Mountain Park, Oak Creek, CO
Buffalo Pass, USFS, Steamboat Springs, CO

RACE CONTACTS

Series Directors (City of Steamboat Springs)

- Austin Cagaanan: 281.299.8459, acagaanan@steamboatsprings.net
- Emily Hines: 541.968.3902, ehines@steamboatsprings.net

Course Director (City of Steamboat Springs)

- Sarah Glassmeyer: 712.898.6571, sglassmeyer@steamboatsprings.net

Event Medical Solutions (EMS)

- Hayden Marlowe: 269.274.6325, hayden@ems-unlimited.com

COMMUNICATIONS

Event communications will be via radio contact, EMS Radio Channel 1.

Secondary contact, should radios fail, will be via cell phone.

Radios will be provided by Event Medical Solutions prior to start of each race.

The following team members will be in possession of a radio (suggested minimum below)

- Course Director (1)
- Race Directors – City Staff (1)
- Course Sweep/Course Marshall (2)
- EMS Personnel (2)

RACE PLANNING PROTOCOL

1. Course Layout – Shall be mapped and pre-planned to avoid areas of specific concern (trail or road operations, hazards, known wildlife areas, etc.). Course maps shall be provided to each race venue at least two weeks prior to race day for review and approval.
2. Pre-Race Meeting – Held on the Monday or Tuesday prior to race day on the same week. Covers primary points of contact/assignments for race night, course layout, course staging locations, weather expectations, Race Event Protocols, and emergency procedures.

RACE / EVENT PROTOCOL

1. Lost Racer / Racer Out After Cutoff
 - a. In the event a racer has not checked in at the finish line by the 3-hour (8:30 PM) cutoff, Race Directors shall first attempt to contact participants via cell phone. If participant requires assistance to the finish or is expecting to take longer than ½ hour beyond the cutoff time to finish, Race Directors shall dispatch EMS and Course Marshalls to aid racer to finish line.
2. Gear Mishaps

- a. In the event of an equipment failure, racers are to contact the Race Directors, course volunteers, or EMS who will assist in evacuating the course.
- 3. Race Injury
 - a. The following injuries are considered “most likely to occur” for the purposes of race planning: falls with concussion, falls with broken bones, falls with road burn, cuts or lacerations, heat exhaustion/stroke and heart attack.
 - b. Mitigation efforts include the following:
 - i. Gear requirements to include layers, water, and other weather protection as Race Director(s) deem necessary based on current weather conditions.
 - ii. Helmet requirement for all racers at all times.
 - iii. Multiple course options to suit various participant ability levels.
 - iv. Participants required to assist a fallen or injured racer.
 - c. In the event a racer experiences an injury requiring assistance:
 - i. Race Director(s) shall be notified via phone or radio.
 - ii. Race Director(s) shall contact nearest EMS on race duty who will respond to injury with appropriate method of treatment
- 4. Emergency Requiring Rescue
 - a. In the event of a racer requiring immediate critical assistance or rescue:
 - i. Racers are required to carry cell phones and encourages to call 911 in an emergency
 - ii. If racer elects to contact Race Director(s) in an emergency first, Race Director(s) shall contact 911 first, then shall contact the nearest EMS on race duty for dispatch to the incident location
- 5. Further Safety Protocols
 - a. All adult racers are required to carry a cell phone and provide their number to race organizers. Cell phones are to be used in the event of a lost racer, late racer, injury or emergency. Racers will be provided with a number to call for race organizers.
 - b. Radios will be used between race organizers and EMS, as well as between organizers and on-course staff.
 - c. The kids/youth divisions will have a race representative following participants along the course to ensure immediate assistance in the event of a fall, injury, gear issues or otherwise.

ROLES OF THE MEDICAL TEAM / EVENT MEDICAL SOLUTIONS

- 1. Acute care of the participants
 - a. First aid will be initiated according to the specific skills of the trained personnel present. The first aider will provide emergency medical supplies to deal with situations as they arise.
 - b. All injuries treated will be documented as per Event Medical Solutions and City of Steamboat Springs incident reporting forms and protocols.
- 2. Care of spectators
 - a. Although not the primary role of the medical team, they may be able to offer first aid and advice to spectators and the general public present at the race. If in doubt, alert first aid medical team and/or call 911.
- 3. Serious or life threatening emergency
 - a. The Race Director(s) and also any person involved with the race should dial 911 if they a situation is serious, and the individual requires advanced care, hospitalization or the injury is life threatening.
- 4. Serious or life threatening emergency leading to fatality
 - a. Dial 911 and request police and ambulance services.