



Racer Emergency Protocol

Trekking, Orienteering, Fixed Ropes and Mountain Bike Sections

- I. Teams who require emergency assistance should:
 - a. stop;
 - b. render necessary first aid to any person in need of assistance;
 - c. contact race administration on the emergency channel and report the emergency; and
 - d. await instructions from race administration.

- II. If a team cannot establish radio contact with race administration, then the team should:
 - a. attempt to establish radio contact with another nearby team and request that the emergency message be relayed by the other team to race administration; or, in the event that no radio contact can be established with anyone,
 - b. if safe to do so, appoint two team members to proceed to the nearest Checkpoint or Transition area and report the nature of the emergency and the location of the person(s) in need of assistance.

- III. Upon encountering weather or other environmental conditions rendering it unsafe to proceed, teams should:
 - a. stop and wait until conditions improve, or, if conditions do not improve within a reasonable period of time;
 - b. contact race administration, advise them of the situation and await instructions.

Paddling Sections

- I. Teams that encounter inclement or worsening weather conditions should put into shore immediately and wait for conditions to improve.
- II. If conditions do not improve within a reasonable period of time, teams should contact race administration by radio and await instructions.

- III. In the event of a **flat water** capsize:
 - a. teams in the non-capsized canoe should stay with the capsized boat and signal lake safety personnel, verbally, visually or by radio;
 - b. teams must not attempt to remove persons from the water into the non-capsized canoe; and
 - c. if the capsize occurs close to shore, the capsized race participants should make their way to shore and the non-capsized race participants should immediately inform race administration by radio if assistance of race administration is required.

- IV. In the event of a **river** capsize:
 - a. capsized racers should swim with the river angling towards shore until reaching shore, and then, if it is reasonably safe to do so, recover the boat and other gear downstream of the capsize site, if they are able.
 - b. non capsized teams must not attempt to remove or rescue persons from the river into the non capsized boat; and
 - c. the capsized or non-capsized race participants should immediately inform race administration by radio if assistance of race administration is required.
 - d. In the event of any other emergency, teams should put into shore immediately and follow the procedures outlined in sections I through III above.

General Emergencies

- I. Emergencies are defined as:
 - a. mental or physical distress of any team member that in the judgment of the team requires medical attention,
 - b. a situation where the team or any member or members of the team become lost; or
 - c. any other general situation where in the judgment of the team the assistance of race administration, medical personnel, or search and rescue personnel is required.
- II. In the event of an emergency race participants shall immediately contact race administration on the emergency radio channel that is provided for that purpose.
- III. Persons reporting the emergency shall inform race administration of their team number, the location of the team requiring assistance and the nature of the emergency.
- IV. Race administration will immediately contact a member of the Race Director and report the emergency, the location of the team in distress, and the nature of the emergency.
- V. Upon becoming aware of an emergency, the Race Director may provide the following instructions to the team in need of assistance:
 - a. advise the team to evacuate to the nearest Checkpoint or Transition area;
 - b. advise the team to remain in its current location and await assistance from race administration;
 - c. advise the team to remain in its current location and await evacuation by EMS or other Search and Rescue personnel; or
 - d. advise the team to move to another location and await assistance of race administration or evacuation by EMS, or other Search and Rescue staff.

There will be contract and volunteer medical personnel on site during the race for provision of onsite emergency first aid and to provide consulting and advisory services to Race Administration.