Triathlon Contingency & Medical Plan

This document is intended to assist the Race Director in making decisions regarding their events in the event of inclement weather. It is not a final say, the final decision rests in the hand of the Race Director.

Ultimately there are only four options available due to: lightning, heavy rains, wind/tornadoes, extreme heat, ice/snow.

The options in order of preference are:

Change of race start time on the scheduled date

Modification of race format

Change of race date

Cancellation of event.

Tri Series Refund Policy

If **inclement weather** or any other cause forces the revision or cancellation of either the April, June or July triathlons funds will not be refunded. These acts of god are out of the Race Directors control and therefore the event will not refund monies collected to host the planned events.

If a racer is unable to compete due to personal reasons, it is up to the Race Director's discretion to transfer entry into an upcoming race. This must be requested before the last day before the race and the Race Directors decision is final. There are no refunds.

Recommendations

- The Race Director makes the call to remove individuals from the field of activity
- The Co- Race Director is the designated weather watcher utilizing local resources and the internet
- Safe locations for both events will be personal vehicles, PORTA High School for April event, New Salem Visitors Center for June event, Beach House for July event, permanent mortar and block restrooms, automobiles, first responder vehicles if allowed.
- Skill level of all athletes must be considered
- The emergency services being used, will they be called away?
- Re-location and evacuation of volunteer groups. Race Director notifies group leader and begins volunteer removal from field of activity
- Parking areas be accessible in the event of inclement weather.

Communication Plan

Since all key personnel will be provided with a weather resistant placard and lanyard containing all relevant phone numbers, the Race Director will initiate calls and discuss options and final decisions.

In addition, all spectators will be informed of the weather situation and decisions affecting the race by pa system and bullhorn along course.

This procedure will be discussed at the volunteer briefing and pre-race meetings.

Lightning

Since lightning is perhaps the most common and dangerous weather condition encountered by a Race Director, the recommendations by the NCAA and NSSL will be followed during events. Both agencies strongly recommend terminating activity when the lightning is six miles away since there is a strong probability that the next strike will be within a six mile radius of the previous strike to ground.

Flash to Bang Method

Since it is unsafe to begin an event if lightning if present, the race will be delayed until the lightning is passed and area is safe. The National Athletic Trainer's Association recommends the flash to bang method for determining the distance strikes are near to your area.

This method states that one should begin counting on the lightning flash and one should stop counting when the associated clap of thunder is heard.   Then divide the time to thunder (in seconds) by 5 to determine the distance (in miles) to the lightning flash. For example, an observer obtains a count of 30 seconds from the time he spots the flash to when the thunder is heard. Thus, that lightning flash was 6 miles from the observer. The 30 second flash to bang count is recommended as the shortest allowable time to consider resumption of activity. As the count approaches 30 all activities should be postponed and all persons should be seeking a safe location.

Another recommendation is that one uses the 30-30 rule which states that if an event is suspended due to the 30 second flash to bang method, one should wait at least 30 minutes from the sounds of the most recent thunder to resume activities.

Heavy Rains

While heavy rains are a real possibility there is no standard on how much rain is too much rain; the RD must rely on instincts, racer skill levels, communications from course monitors, and law enforcement input to make the decision to as to when the course is no longer safe.

Heavy Winds/ Tornadoes

There is no set rule regarding on much wind is too much; the RD must work with the race staff, law enforcement and local weather to determine if the course if safe.

In the event of heavy winds the RD should secure all equipment from falls and communicate with all involved that a tornado warning has been issued. All parties should be instructed to move to a safe structure and take shelter. If a shelter is not available all parties are instructed to stay out of their cars and move into a shelter or lie flat on the ground in a ditch or depression and cover their heads or wear helmet.

Extreme Heat

Many events are held in hot and humid conditions and it is the Rd's responsibility to prepare for heat related issues. The best way to prepare is to follow these steps:

1) Alert athletes before event of the possibility of extreme heat

2) Provide adequate hydration options via water coolers, bottled water, sports drinks, wet towel, fruit and electrolyte capsules before during and after the event.

3) Provide adequate medical services at the finish line including catchers to lead racers to the medical tent. IV supplies and delivery methods should be stocked in the tent for approx. 30% of the field as should cots and chairs. Misters and cooling tents should be available.

Wetsuits

Pursuant to USAT guidelines wetsuits will be allowed when water temperatures are 78 degrees and below. Above 78 degrees and below 84 degrees wetsuits are allowed but the racer will not be eligible for awards. 84 degrees and above wetsuits are prohibited due to the severe likelihood of dehydration.

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Medical Plan

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Swimmer Evacuation

If a pool swimmer needs to be evacuated from the water lifeguards will be required to transport swimmer to safety. Immediate first aid will commence. CALL 911.

If a lake swimmer needs to be evacuated from the water lifeguards will be required to transport swimmer to the nearest power boat preferably the Menard County Rescue Squad Boat. Immediate first aid will commence. CALL 911.

The Ambulance will be stationed at the boat ramp and will be responsible for patient transport and care.

The race Medical Director can lead or assist the paramedics with first aid and treatment.

Bike and Run Course Accident and Evacuation

Both lead and SAG vehicles will be provided with a medical staff in the SAG vehicle and drivers will be on the communication plan and can be called at (217) 341-1309.

Medical Incident Procedure for Bike and Run Course

- Assess Injury and Incident
- Immediately Secure Area for Injured and others Racers
- **Call Medical or Police at 911**

Injury Serious? CALL 911 and USAT Race Director at 341-1309.

Serious injury includes head injury, active bleeding, un-consciousness, apparent broken bones, dehydration, apparent bruises, extreme dizziness, nausea, etc. CALL 911

Injury Minor? CALL Race Director 341-1309

Minor injury includes road rash, heat related (provide fluids, shade, gels, sodium/electrolyte replacement, ice), sprains/strains, etc. CALL Race Director at **341-1309**.

If minor and occurs at Start/Finish **call Race Director at 341-1309.**

If minor and occurs on bike or run course call USAT Race Director at **341-1309**.

In Either Above Cases Call USAT Race Director at 341-1309.

- Calm victim, assure them help is on the way, provide re-assurance, protect other racers
- Secure belongings, observe scene, take notes, take pictures, identify witnesses, was a listening device in use?
- Proceed to Start/Finish Area with racer belongings if applicable and Brief Race Director
- Only speak of accident to police, ambulance, fire department, rescue squad, medical director and/or USAT Race Director
- Complete 2011 First Report of Incident
    Both USAT Race and/or On-Site Medical Director complete with all related information included