



THE LEWISTON ULTRA RACER EMERGENCY PROTOCOL

(UPDATED MARCH 5, 2018)

The Lewiston Ultra is a 50km solo & relay back country mountain trail event connecting the communities of Sicamous and Salmon Arm in the Shuswap, British Columbia. This Racer Emergency Protocol was developed to provide direction during a medical or safety situation.

Emergencies are defined as:

- mental or physical distress of any solo or relay runner that in the judgement of other racers requires medical or traumatic attention
- a situation where a runner becomes lost
- any other general situation where, in the judgement of the racer, assistance of race management, medical personnel, or search and rescue personnel is required

EMERGENCY PROTOCOL FOR RACERS

In the event of an emergency race participants will immediately contact race management. Because a means of communication is not always available on the race course between Check In/Aid Station, the following protocol is to be followed:

- If at a Check In/Aid Station, connect with the Aid Station volunteers. They will have a radio capable of contacting the Race Director, medical staff and/or other race management
- If on course between Check In/Aid Stations, do the following:
 - If you are capable of travelling by your own means then stay on the race course and continue until you reach a Check In/Aid Station & report the nature of the emergency to the First Aid volunteers
 - If you are unable of travelling then **STAY PUT ON COURSE** and wait for another racer to pass. Relay the emergency to him/her with instructions for the next Check In/Aid Station. Information REQUIRED:
 - BIB NUMBER, NAME, TEAM NAME
 - Nature of emergency
 - Location as accurately as possible, GPS coordinates would be best
 - Any other pertinent information (medications, allergies, etc)
 - If you are last runner on the course, a group of course sweeps with radio communication will be coming through to assist
- If you have relayed information to another racer, use the recommended gear you are carrying and get comfortable as you wait for assistance. **DO NOT** leave the course. Make yourself visible.
- If you are running on course and become lost or unable to follow the trail, retrace your steps to the last known intersection/area of signage. All intersections on the race course are heavily signed and marked with directions to keep you on course. **ALWAYS FOLLOW THE LEWISTON ULTRA RIBBONS.**

Race management will immediately react to the emergency based on the information received. There are volunteer medical personnel on site for provision of onsite emergencies as well as local search and rescue crews with off road transportation available to most areas of the course. If necessary, one or both of these services will be utilized.