

**Description:** The Kool ½ Marathon is a community running event and this document outlines the basic Medical plan and the role of the medical volunteer(s) for this event.

**Roles:**

**Chief Medical Officer:** The medical officer will be Dr. Chris Morrow. He will be available to give emergency medical care and advice until definitive care can be arranged. He will also provide guidance regarding the appropriate response to medical or first aid issues during the event.

**Volunteers:** Volunteers/Race officials on the course and at the event will be expected to provide medical care only to the level of their knowledge and training. In most cases this would involve simply referring any participants needing medical attention to the Medical Officer or providing basic first aid/CPR.

**Provincial Ambulance:** There will not be a dedicated ambulance on standby for the event. However, the medical officer will inform the provincial ambulance service dispatch of the event on race day and provide the contact number for the Medical Officer.

**Communication:**

Volunteers on the course will be strongly encouraged to carry cellular phones. If there is any question regarding participant health they should contact the CMO (250 661 5451) who will be at the medical tent near the start/finish area. They should also feel comfortable and ready to call 911 when necessary.

Volunteers will be provided with a leaflet at orientation outlining their roles and expectations.

In the event that a participant is injured, significantly delayed, or transported to the hospital, a volunteer or race official should immediately contact the CMO. This will allow the CMO to ensure proper care is given to the participant, that the appropriate hospital can be notified, and that waiting family and supporters can be informed of the situation.

**Equipment:**

There will be a small table at the medical tent near the start finish area.

The CMO will have a first aid kit and an Automated External Defibrillator on hand.

The CMO will have an available automobile to reach a participant in need on the course.

Signed,

Christopher C. Morrow, MD