

2009 Kool ½ Marathon

Volunteer Medical Instructions

As a volunteer in this community event you may encounter someone in need of medical attention. The following are some basic principles to follow:

Please carry a cell phone.

Important numbers:

Ambulance **911**

Race Medical Officer: **250 661 5451** (Dr. Morrow)

1. What is Expected of You?:

You are not expected to provide any specific or special medical care. The expectation is that you would help someone to the level of your current knowledge or training. For most of you that may include basic first aid or CPR.

2. Who do you call?

If a participant is badly hurt or looks very unwell call an ambulance (911) and then call the race medical officer Dr. Chris Morrow (250 661 5451) who will assist you immediately.

3. Who do you help?

It is not your duty to encourage or discourage a participant from continuing the race. If you have concern simply ask if they “need medical attention” and allow them to respond.

If someone has collapsed or nearly done so do not encourage them to continue. They should sit or lie down and await medical attention. If someone refuses to accept attention or allow you to call an ambulance you cannot force them to do so. You can, however, call the medical officer and inform him of your concerns.

4. Communication:

Please keep Dr. Morrow aware of any significant medical occurrences on the course. If someone is dropping out or being taken home or to hospital do your best to get the participant’s name and race number. This will allow Dr. Morrow to further coordinate their care, but also keep waiting family and supporters apprised of the situation.

5. Where do you send them?

There will be a medical tent at the finish area where participants can see the race physician and receive basic medical care or advice. If you are unsure how to advise a participant call Dr. Morrow (250 661 5451)