

EXAMPLE

2012 WhistleStop Marathon & Half-Marathon Aide Station Emergency Instructions

The Whistlestop Marathon and Half-Marathon has a comprehensive emergency plan in place that will allow us to provide assistance to those runners in need. The plan includes the placement of paramedics at various points along the course. The emergency plan is also designed to be easy for you the volunteer to use.

- Each aide station will be using a cell phone or a land line phone to make contact with the med/headquarters tent.
- When you arrive at the aid station, set up phone and call the communications center to verify phone is working. The communications center should be operating by 7:45 a.m., call after then.
- If you are made aware of a runner who needs assistance:
 1. Find out as specific as possible the nature of the need, i.e. a turned ankle or a possible heart attack.
 2. Find out approximately where the runner is located. The runner is likely to be to the west (towards Iron River) of you anywhere from 0 to three miles.
 3. Phone into the communications center using the number on the back of this sheet. If that number is busy move on to the second number. Give the communications captain all the information you have gathered. **Leave your phone on, so that the paramedics can reach you if needed.**
 4. If your phone does not work for any reason, use your vehicle to go to the next aid station to the east of you (towards Ashland, see map).
- If a runner decides to drop out of the race at your aid station, make sure they are comfortable. See if anyone is going into Ashland to give them a ride. Otherwise call the emergency number and we will dispatch a volunteer to pick them up.
- The aid station kits will have basic first aid supplies available for runners.

Emergency Number 1:
715-685-8001

If Number 1 Busy Call:
715-821-1021