



TULSA TOUGH RIDE & RACE

MEDICAL VOLUNTEER TRAINING – 2008

About the Tulsa Tough Rides

Tulsa Tough is a three-day cycling festival designed to promote fitness and healthy lifestyles while showcasing the beautiful city of Tulsa, Oklahoma. Tulsa Tough offers events and spectating opportunities for everyone, with professional level races, tour rides, kids and youth activities, free bikes for kids, live music, and vendors, in one action packed weekend. There are three days of races, and two days of rides. The rides vary from an eight fun ride, to 100 miles. On the 100-mile routes, some riders will be competing to beat the clock, while others will just be riding to see if they can go the distance. Every 10 miles or so, there will be a rest stop, with toilets, snacks, water, and sports drink for the riders. For 2008, every other rest stop will be designated as a super rest stop, with the addition of a mechanic's station and a medical station. As a medical volunteer, you will be setting up and tearing down your station, greeting the riders with offers of electrolyte tablets, sunscreen, and over-the-counter pain relievers, and helping ill or injured riders. If you want, you can wander over and help the volunteers at the tent next door. It's fun when you hold the drink bottles "just right" so the fast riders can snag it from your hand as they race past.

The medical system

The medical system consists of a Dr. Eric Blackwell, who is also the medical director, several medical stations (tents, medical busses, and a trailer at the finish line) staffed by nurses and/or unlicensed persons, and nurses on motorcycles, with assistance from the communications and sag teams. The local EMS and fire departments will be notified of the ride dates and will be asked to be available.

Purpose

- To decrease the burden on the emergency rooms
- To allow riders with minor injuries or illness to continue to ride if they wish
- To treat volunteers who become sick or injured during the event

Rolling Support Plan - Method of getting treatment to riders

All riders will be given a cell phone number to call for help. This number will be printed on their jersey number, on the outside. The inside of their jersey number will have a place for the rider to fill out their emergency medical information, allergies, and family contact info.

Rest stops will be numbered so that the numbers can be seen, even if a rider passes by without stopping. These numbers will assist riders in describing their locations. "I just passed rest stop 5".

When a rider is injured or becomes ill, the communications dispatcher will notify the nearest sag driver and a motorcycle nurse to go to the scene. If the sag driver is coming from a super rest stop, they will bring one nurse with them, if a nurse is available.

The motorcycle nurse will treat the rider at the scene, if appropriate.

The sag driver will take the rider to the nearest medical station, if they are able to get into the vehicle without assistance.

Injured riders may choose to pedal to the next medical station.

Sag drivers will have a small first aid kit, if someone needs a band-aid or other minor supplies.

When to call an ambulance:

If a rider is unconscious, bleeding heavily, or has broken bones, call an ambulance first, then contact the motorcycle nurses, then contact the sag drivers. Under all circumstances, persons with illnesses or injuries that threaten life or limb will be transported by ambulance to the ER. The Tulsa Tough medical team may assist with stabilizing the patient until the ambulance arrives. If patients are unable to get into the sag vehicle by themselves, then they probably need an ambulance. If in doubt, the first nurse on the scene may assess the situation and contact Dr. Blackwell for recommendations.

Communication

Communication will be primarily by ham radio. Each Sag driver and each rest stop will have radios. In areas with spotty radio connections, cell phones will be used as a backup. Motorcycle nurses will be available by cell phone only. Medical tents, busses, and Dr. Blackwell will communicate general non-sensitive information by ham radio. Sensitive information that discloses a rider's name or medical information will be communicated by cell phone.

Treatment

Treatment guidelines will be typed up and made available for the most common cycling situations. They will be placed in a notebook at each medical station. Use your judgment, according to your license and scope of practice. Call Dr. Blackwell if you need medical advice.

After any rider is treated, whether on the road or at a rest stop, instruct all riders to check in with Dr. Blackwell at the final rest stop. Once there, Dr. Blackwell will assess them, they'll get a tetanus shot, two-days supply of wound care supplies, and discharge instructions.

Documentation

Unfortunately, documentation can't be avoided, so we'll make it as simple as possible. The Good Samaritan Act will cover us from liability for volunteer care. At the finish line, check-off sheets will be available for documenting care given to anyone who checks in with Dr. Blackwell. The paper will include the tetanus shot info for their medical records, and their discharge instructions. Afterwards, riders can take their copy to their primary care doctor for follow-up care. This will be a two-part form. I will collect these after the ride, and use them to track the injuries and illnesses that were treated, to help us prepare for next year's event.

Feedback

Feedback pages will be placed in the back of each notebook, behind the treatment guidelines. As you go through your day, if you have any problems, or have any suggestions, please write them down so we can make things better for next year.

Setting it up and packing it in

When you arrive at your location, you'll find a stack of supplies that were dropped off. Find the medical tent (different from the regular rest stop tent which won't have side walls), the sign, one table, two chairs for you, two lounge chairs for your patients, and your t-shirt. There will also be a large first aid kit and another box of supplies. If there's nothing there, you're either at the wrong place, or you're too early and Paul hasn't made it to your rest stop yet. Set up your tent, zip on the walls, change into

your t-shirt, and hang your sign. Then, you can set up your station and decorate it any way you want. If you're stationed on one of the medical busses or the trailer, then you don't need to come as early, but you do need to look around and make sure you know where everything is. You will need to know how to open the door, turn on the generator, and lock up the bus with you're finished.

The riders will be wearing chips on their ankles, and as they pass sensors on the side of the road, we'll be able to keep track of where everyone is, or at least where they've passed by. The sag drivers will be keeping an eye out for the last person and they often mention over the radio what that person is wearing or what color their bike is, so you'll be able to recognize them when they get to your stop. As the last person leaves, you can pack everything up and take the tent down. The supplies will go into a box, which will be labeled so the supply van knows where to take it next. The supplies and tents will be used at another rest stop on the same day and/or the next day, so when you're packing up, please be courteous to the people who use the tents and supplies after you.

Decorating

You can use any decorations, lights, inflatables, or music that you want, as long as you also supply the power it needs, and you don't do anything that would damage the tents, busses, or surrounding property. You can dress up, dance, put on a light show, hand out freebies, or do whatever it takes to bring attention to yourselves.