

## Hammerhead Kids Triathlon Event Health and Safety Plan

This form prepared by: Cristin Reichmuth and Matt Osbourne Date Prepared: 07.12.06

Reviewed by the Event Director? (circle)  Yes  No Date Reviewed: 07.12.06

### 1.0 EVENT INFORMATION

Event Name: Hammerhead Kids Triathlon Event Date: 7/16/06  
 Event Location/Address: Bonfante Gardens, Hwy 152, Gilroy, Ca 95020  
 Event Type (Check All That Apply):  Triathlon  Duathlon  Aquathlon  Off-Road  Youth  Camp/Clinic  Multi-Day  Other  
 Total Number Of Registrants \_\_\_\_\_ Total Number Of Youth/Junior: (All Youths/Juniors)  
 Timing Company Dean Raymond Insurance Coverage By: USA Triathlon Phone: \_\_\_\_\_  
 Published Start Time: 7:30AM Actual Start Time: \_\_\_\_\_ Total # Of Finishers: \_\_\_\_\_

### 2.0 KEY EVENT PERSONNEL

The following people will have Pearl Izumi "Hammerhead Kids Triathlon" shirts. All other volunteers will have race t-shirts.

CHANNEL 1: Emergency and medical  
 CHANNEL 2: Everyone  
 CHANNEL 3: Talk Channel

Job	Name/Representative	Radio Channel/GMPR Freq.	Cell Phone
Announcers	Nick & Paige Goddard	2	408.888.4217, 408-857-1444
Awards Coordinator	Cristin Reichmuth	2	408.406.4112
Bike Captain	Steve Cheu	2	408.838.2747
Bonfante Gardens	Trevor Wilson	-	408.482.4914
Check-In/Registration Captain	Mandi Middleton	2	408.316.3817
Communications Captain	Cristin Reichmuth	2	408.406.4112
Finish Line Captain	Dean Raymond	2	209.518.9116
First Aid Station	Matt Osbourne	1	805.471.2599
Hospitality Coordinator	Terri Kent	-	408.607.4681
Information Station Coordinator	NA	-	-
Media/VIP Coordinator	Mandi Middleton	2	408.316.3817
Medical Service/Captain	Matt Osbourne	1	805.471.2599
Photographer	Kris Knutson	2	408-607-2407
Photographer 2	Stacey Reusch	-	408-425-6472
Post-Race Event Captain	Cristin Reichmuth	2	408.406.4112
Production Manager	Cristin Reichmuth	2	408.406.4112
Race Director	Cristin Reichmuth	2	408.406.4112
Run Captain	John Kent	2	408.201.2444
Security (Bonfante Gardens)	Russ Valiquette	-	408.472.0206
Swim Captain	Chris Bosso	2	408.406.7200
Timing Captain	Dean Raymond	2	209.518.9116
Traffic/Parking Control Captain	NA	-	-
Transition Captain	Maureen Wall	2	
Volunteer Captain	Cristin Reichmuth	2	408.406.4112

### 3.0 EMERGENCY CONTACTS and PROCEDURES

#### 3.1 EMERGENCY TELEPHONE NUMBERS, CONTACTS, AND RADIO CHANNELS

	Phone Number	# on Site	Primary	Radio Channel
Ambulance	911	1	American Medical Response	1
Fire	911	0	Gilroy Fire Department	1
Police/Sheriff	911	2	Santa Clara County	1
Property Contact	408.482.4914	1	Trevor Wilson	
Electricity	408.472.0206	0	Security (Bonfante Gardens)	

Water	408.472.0206	0	Security (Bonfante Gardens)	
Sewer	408.472.0206	0	Security (Bonfante Gardens)	
Gas	408.472.0206	0	Security (Bonfante Gardens)	
Phone Company	408.472.0206	0	Security (Bonfante Gardens)	
Waste Disposal	408.472.0206	0	Security (Bonfante Gardens)	

- How many on site? EMT's: 4 Paramedics: 1 Doctors: 1 Nurses: 1 Other: \_\_\_\_\_
- Medical Support is (circle one): BLS / ALS Other medical support/resources: \_\_\_\_\_
- AED's on site? Yes Locations: American Medical Response ambulance unit
- First Aid Kits on site? Volunteer Check-In
- Bad weather or adverse "incident" plan/strategy (explain): Please see 7.0
- Has a dive recovery team been designated? NA
- Can railroad tracks, temp. construction, or drawbridges cut off emergency vehicles to any part of the course/event? No
- Fire extinguishers on site? Unable to receive information from Gavilan/Ana Hipol. How many? \_\_\_\_\_ Location(s) \_\_\_\_\_
- Other emergency equipment on site: AMR ambulance, medical tent and bike patrol.

**3.2 CHAIN OF COMMAND AND CONTROL:** Describe the Chain of Command and Control for emergencies:

- Trevor Wilson
- Russ Valiquette
- Cristin Reichmuth

**Name all persons/authorities who have Stop Event Authority:**

- Trevor Wilson
- Russ Valiquette
- Cristin Reichmuth

**3.3 EMERGENCY EVACUATION**

- Do you have a general evacuation plan for the event? Yes. Participants are to evacuate all race areas and go to the baseball fields.
- Are emergency vehicle access routes identified to all areas of the event (e.g. swim, TZ, roadways, paths/trails, expos, buildings, parking lots, spectator areas)? Yes. The emergency access route will be below the transition area. No spectator parking will be allowed here.
- Are access points for emergency personnel identified for all areas of the event (e.g., through areas with barriers/fencing, TZ access, swim areas, running paths/trails, expo areas, into buildings, to parking lots, to spectator areas)? Yes. All volunteers with white volunteers shirts are familiar with the medical areas and evacuation areas.
- Have all emergency services and responding units been given a map of the event? To be completed by Matt Osbourne.**
- Is a helipad or other area designated for Flight-for Life? Baseball Field

**3.4**

	<b>Primary Hospital</b>	<b>Secondary/Alternate Hospital</b>
Name of Facility:	St. Louise Hospital, Gilroy	Hazel Hawkins
Telephone Number:	408.848.2000	831.637.5711
Address:	9400 No Name Uno, Gilroy, CA	911 Sunset Dr., Hollister
Driving Directions:	152 East. Monterey Street left. Leavesley right. Under freeway and left at Denny's. Continue straight and veer left and then right onto No Name Uno. Hospital on right.	SE Santa Teresa, S101, CA-25E

**4.0 SECURITY AND CROWD CONTROL**

**4.1 Explain crowd control measures:**

- Swim: Only parents of non-swimmers will be allowed near the swim area. All others will line the paths of the transition run from the pool to the transition area.
- Bike: Spectators will not be allowed on the bike course. They must walk along the paths on the side of the bike course.
- Run: Spectators will only be allowed to watch from the side of the track. They will also not be allowed to congregate or walk on the grass area.
- Finish Line: The finish line will place athletes in the picnic area We are expecting plenty of room for them to see their athletes finishing the race.

**4.2 Explain TZ security:** Athletes must be wearing their race bib and the race bib must match the number on the bike in order for a bike to be released from the transition area. If for some reason a parent is needed to remove the bike, the registration form must be shown to the transition volunteer. This number must match up with the bike.

**4.3 Is there need for extra/special security measures (e.g., for VIP's, large amounts of cash, equipment stationed overnight)?** No.

**4.4 Describe other security measures for this event:** Park security

**5.0 EVENT AND PUBLIC COMMUNICATIONS**

**5.1 EVENT COMMUNICATIONS**

A. RADIOS	Radio checks conducted on race day prior	Number of backup radios	Extra Batteries on site?
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	to start of race? Yes	charged: <u>4</u>	Yes
B. CELL PHONES	Coverage range determined:	Backup communication plan:	Cell phone numbers exchanged between all key event personnel/ volunteers? Yes/No
C. COORDINATION with EMERGENCY SERVICES	Have communications been coordinated with and between all fire departments, ambulance services, and other emergency response units and districts to avoid response overlap/confusion? Yes	Have emergency routes and access to all areas of the event been discussed with emergency services? Yes (Day of event) Have all responders been given a course map? Yes/No	Are emergency responders informed of PCA entrant categories? Yes/No
D. Other Event Communications	Pre-event briefing conducted for Key Event Personnel in Section 2.0? Yes/No Pre-event briefing conducted for Volunteers? (see Section 12.0) Yes/No	Describe special hand signals used? Code Words used:	Describe other type(s) of communication methods used (e.g., whistles, flags, etc.)?

**5.2 PUBLIC COMMUNICATIONS**

- Describe public/spectator emergency alerting devices (e.g., PA, bullhorn, alarms, tornado sirens, boat horns, other): PA, bullhorn, siren and whistles will be available to alert spectators.
- Is a map of the event conspicuously and centrally posted for athletes, spectators, and vendors? Yes. Maps are available on the website: [www.bodyandmindsolutions.com/hkt/hkt](http://www.bodyandmindsolutions.com/hkt/hkt)
- Is an Information Station on site and centrally located? Yes/No Location: At the registration tables.
- Is a plan/system in place for lost children/person/athlete? Describe: Lost children and/or the parents of lost children should report to the information area (registration desk). The registration captain will then inform the announcers of the situation.

**6.0 PERMITS AND SITE-SPECIFIC REQUIREMENTS**

Identify and attach all permits and special requirements mandated by federal, state, local agencies, counties, other authorities: e.g., public health permits, fire, noise, balloons/inflatables, park permits, special events, police, agencies, road, port authority, NOAA, USCG.

**7.0 WEATHER AND NATURAL HAZARDS**

	ALLOWABLE RACE DAY CONDITIONS	AT START OF RACE	FORECAST/ Expected Conditions
Air Temperature (° F) – range			88 degrees
Humidity – range			60%
Precipitation, storms			None
Fog			Unknown
Wind Speed (mph) - range	Speed:            mph	Speed:            mph Direction:	Speed:            mph Direction:
Wind Chill (° F) – range			
Heat Index (° F) – range			
Air Quality – range			
Water Temp. (° F) - range			
Wave Height	Allowable wave height:	Wave height:	Wave height:
Surf Conditions	Surf conditions:	Surf conditions:	Surf conditions:
Current speed (knots)	Max current speed:	Current:           knots Direction:	Current:           knots Direction:
Water Quality (WQ)	Meets public health requirements? Yes/No	Excessive precipitation, deluge, sewage break, chem. spill, release, or other within last 24 hrs.? Yes/No	
Wet Suits	1. Required when water temperature is below ___° F 2. Not permitted above ___° F	1. Wet suits required? Yes/No 2. Wet suits not allowed (except PCA's)? Yes/No	

- 7.1 Is a weather status board conspicuously and centrally posted for athletes, event staff, and spectators? No
- 7.2 Wind sock or flag posted to indicate wind direction? No
- 7.3 Wind sock is visible from all aspects of the home venue? No
- 7.4 Lightning procedures (describe): \_\_\_\_\_
- 7.5 Potential for (check all that apply):  Earthquake  Tornado  Micro Bursts  Flood  Avalanche  Mud Slide  Animal Interference (e.g., migration, stampede, sharks) **Special procedures: In the event of a major earthquake, the event will cease and all spectators, volunteers, participants shall report to the baseball fields.**

**8.0 SWIM SAFETY PRECAUTIONS**

- 8.1 Buoys large enough for siting from furthest distance? NA
- 8.2 Number of lifeguards: 2            Zone coverage? Yes
- 8.3 Explain your plan to track/account for all swimmers as they come out of the H20.

Chips will be used. There will also be a volunteer at the end of each lane that will keep track of the swimmers and help count laps.

<u>SWIMMER AIDS AVAILABLE</u>		
<input type="checkbox"/> Kayaks	<input checked="" type="checkbox"/> Swim angels	<input type="checkbox"/> Jet skis
<input checked="" type="checkbox"/> Lifeguards	<input type="checkbox"/> Canoes	<input type="checkbox"/> Ranger boats
<input type="checkbox"/> Motor boats	<input type="checkbox"/> Spotters from buildings	
<input type="checkbox"/> Surfboards	<input checked="" type="checkbox"/> Kickboard	<input type="checkbox"/> Fins
<input type="checkbox"/> Buoy line	<input checked="" type="checkbox"/> Platform	<input checked="" type="checkbox"/> Longboards
<input type="checkbox"/> Non-motorized boats	<input type="checkbox"/> USCG	

## 8.4 Explain your emergency procedures for lost swimmers:

Having a lost swimmer will be difficult as the swim takes place in a pool. However, if a swimmer is found at the bottom of the pool, Lifeguards will partake in emergency procedures.

8.5 Heavy weed areas? No Shark potential? No Jellyfish? No

### 9.0 BIKE SAFETY PRECAUTIONS

9.1 Traffic Control Plan (TCP) completed? No

9.2 TCP communicated with police/fire? No Route changes communicated? NA

9.3 Is at least one Policeman posted at each open intersection? NA

9.4 Are directional signs and markers (e.g., cones or road flares) placed at every intersection? NA

9.5 Are directional signs visible in advance of arrival at intersection? NA

9.6 Directional indicators on the pavement? NA

9.7 Communications check with all intersections conducted prior to first racer on course? NA

9.8 Enough marshals available along the route? NA

9.9 Courses with steep descents, blind turns, rough pavement or other hazards clearly and boldly marked before/at the hazard? Yes

9.10 Roads swept and surveyed for gravel, glass, sharp objects, debris prior to race? Will be completed by Steve Cheu by 7/15

9.11 Procedures:

- Bicycle course has several volunteers
- Road safety signs in advance from all directions warning motorists that a bicycle race is in progress.
- Transition area volunteers will be warning racers before the mount/dismount line to be completely off their bike and that their helmet is fastened.
- Spare bar end plugs will be available and pre-race information is being sent to all racers on rules of the road for triathlon as well as all safety rules.

### 10.0 RUN SAFETY PRECAUTIONS

10.1 Are directional signs and markers (e.g., cones) placed at every change of direction? Yes

10.2 Signs visible in advance of arrival? Yes

10.3 Are mile markers posted at EVERY MILE? NA

10.4 Is at least one volunteer posted at each change of direction? NA

10.5 Is AMPLE WATER available at every aid station? Yes

10.6 Explain backup water supply source: Hose at CJ500.

10.7 Is a water station located within the first mile of the run? Yes

10.8 Water stations are at least every 1.5-2 mi. thereafter? Yes

10.9 Signs posted ahead of water stations? No

10.10 Are only paper cups or wax-based cups used? Yes

10.11 Receptacles at each station? Will be completed by Bonfante Gardens

10.12 Procedures:

- If at anytime a runner seems to be struggling, please contact race director either on cell phone 408.406.4112 or through race radio which also alerts Ambulance service. If no answer, dial 911. Stay on the phone and don't hang up until instructed. Racers will be informed in pre-race packet that if RD or EMS staff feels they are unfit to continue, an immediate DQ will result and racer will be asked if they can be assisted. If they refuse, 911 EMS will be activated and racer will deal with county emergency EMS personnel.

### 11.0 TRANSITION AREA (TA) SAFETY

11.1 Is TA enclosed with fencing/barriers? Yes

11.2 Is an area designated for PCA's? NA

11.3 Ramps needed at curbs? NA

11.4 Are pathways with rough/cold/sharp/muddy surfaces covered to and from TA entrances and exits? Will be completed by RD

11.5 Are at least 2 persons assisting athletes at each TA entrance and exit? Yes

11.6 Is water available within ½ mile of run exit? Yes

11.7 Are special passes or identification needed for access to TA? Yes. Yes

11.8 Have emergency exits from TA been identified and communicated to emergency personnel? Available race day to all those who check in.

### 12.0 VOLUNTEERS AND VENDORS

12.1 Have all volunteers signed a waiver? They are required to.

12.2 Have all volunteers been issued a map of the event? Available race day to all those who check in.

12.3 Is the ratio of volunteers to entrants roughly 100/1? Yes

12.4 Are plastic/nitrile gloves available at all aid stations? Yes

12.5 Are volunteers asked to wear a traffic vest or brightly colored shirt/jacket? Yes (Volunteer shirt)

12.6 Are volunteers who perform more than one function given ample time to get to the next task before the racers do? Yes

12.7 Volunteer Briefing conducted? Yes. By: Cristin Reichmuth, Saturday, July 16, 12PM & Sunday, July 16, 7:30AM.

12.8 Have vendor activities been evaluated for potential hazards and risks? NA

12.9 Have all vendors signed a waiver? NA

12.10 Have vendors staked down tents/tarps/banners? NA

12.11 Procedures:

- #1 rule, keep yourself safe. Victim second.
- Do not attempt rescue procedures you are not trained for.
- Ambulance service is pre-paid with no cost to participants if assistance is required. They will activate the Emergency Medical System (EMS) if additional assistance is required like Flight for Life.

## Hammerhead Kids Triathlon Safety Procedures

**Race Director:** Cristin Reichmuth cell: 1-408-406-4112

**Medical Coordinator:** Matt Osborne cell: 1-805-471-2599

### Medical:

- American Medical Response ambulance onsite. One paramedic ambulance unit, use race radio on channel 1 to contact them directly. Call 911 if no response. If you call 911, do not hang up, explain nature of emergency and wait until 911 response center tells you what to do and only hang up after they hang up. Stay with victim, keep them calm, and warn other racers/motorists to slow down with waving arms.
- Location is Bonfante Gardens, Gilroy, HWY 152.
- #1 rule, keep yourself safe. Victim second.
- AMR (American Medical Response) will activate the Emergency Medical System (EMS) if additional assistance is required like Flight for Life.
- Contact Matt Osborne on channel 2 (none emergency channel) for any racer on the course if assistance does not warrant an ambulance.

### Water Safety:

- Lifeguards will be staffed at the water and will notify on channel 1 for any emergency.
- Lifeguards are responsible for athletes and spectators at the water and in the water.

### Bike Safety:

- All roads are controlled by law enforcement and there should be no public owned vehicles on the course, unless they have received authorization from the Race Director.
- Transition area volunteers will be warning racers before the mount/dismount line to be completely off their bike and that their helmet is fastened.
- Pre-race walkthrough of TZ by officials and race staff will make sure all handlebar ends are plugged.

### Run Safety:

- If at anytime a runner seems to be struggling, please contact the Medical Coordinator either on cell phone 805-471-2599 or through race radio which alerts Ambulance service. If no answer, dial 911. Stay on the phone and don't hang up until instructed. If an athlete refuses care they will deal with county EMS personnel.

### Weather

- Sunny, high average 88 degrees, UV index at 10, and max RH is 60%
- See additional handout for signs and symptoms of dehydration and heat related injuries:

## FIRST AID

### Dehydration and Heat Stroke

#### The danger of dehydration and heat stroke:

Dehydration and heat stroke are two very common heat-related diseases that can be life-threatening if left untreated.

#### What is dehydration?

Dehydration can be a serious heat-related disease, as well as being a dangerous side-effect of diarrhea, vomiting and fever. Children and persons over the age of 60 are particularly susceptible to dehydration.

#### What causes dehydration?

Under normal conditions, we all lose body water daily through sweat, tears, urine and stool. In a healthy person, this water is replaced by drinking fluids and eating foods that contain water. When a person becomes so sick with fever, diarrhea, or vomiting or if an individual is overexposed to the sun, dehydration occurs. This is caused when the body loses water content and essential body salts such as sodium, potassium, calcium bicarbonate and phosphate.

Occasionally, dehydration can be caused by drugs, such as diuretics, which deplete body fluids and electrolytes. Whatever the cause, dehydration should be treated as soon as possible.

#### What are the symptoms of dehydration?

The following are the most common symptoms of dehydration, although each individual may experience symptoms differently.

Symptoms may include:

- thirst
- less-frequent urination

- dry skin
- fatigue
- light-headedness
- dizziness
- confusion
- dry mouth and mucous membranes
- increased heart rate and breathing

In children, additional symptoms may include:

- dry mouth and tongue
- no tears when crying
- sunken abdomen, eyes or cheeks
- high fever
- listlessness
- irritability
- skin that does not flatten when pinched and released

### **Treatment for dehydration:**

If caught early, dehydration can often be treated at home under a physician's guidance. In children, directions for giving food and fluids will differ according to the cause of the dehydration, so it is important to consult your pediatrician.

In cases of mild dehydration, simple rehydration is recommended by drinking fluids. Many sports drinks on the market effectively restore body fluids, electrolytes, and salt balance.

For moderate dehydration, intravenous fluids may be required, although if caught early enough, simple rehydration may be effective. Cases of serious dehydration should be treated as a medical emergency, and hospitalization, along with intravenous fluids, is necessary. Immediate action should be taken.

### **How can dehydration be prevented?**

Take precautionary measures to avoid the harmful effects of dehydration, including:

- Drink plenty of fluids, especially when working or playing in the sun.
- Make sure you are taking in more fluid than you are losing.
- Try to schedule physical outdoor activities for the cooler parts of the day.
- Drink appropriate sports drinks to help maintain electrolyte balance.
- For infants and young children, solutions like Pedialyte will help maintain electrolyte balance during illness or heat exposure. Do not try to make fluid and salt solutions at home for children.

### **What is heat stroke?**

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature. The elderly, infants, persons who work outdoors and those on certain types of medications are most susceptible to heat stroke. It is a condition that develops rapidly and requires immediate medical treatment.

### **What causes heat stroke?**

Our bodies produce a tremendous amount of internal heat and we normally cool ourselves by sweating and radiating heat through the skin. However, in certain circumstances, such as extreme heat, high humidity or vigorous activity in the hot sun, this cooling system may begin to fail, allowing heat to build up to dangerous levels.

If a person becomes dehydrated and can not sweat enough to cool their body, their internal temperature may rise to dangerously high levels, causing heat stroke.

### **What are the symptoms of heat stroke?**

The following are the most common symptoms of heat stroke, although each individual may experience symptoms differently.

Symptoms may include:

- headache
- dizziness
- disorientation, agitation or confusion
- sluggishness or fatigue
- seizure
- hot, dry skin that is flushed but not sweaty
- a high body temperature
- loss of consciousness
- rapid heart beat

- hallucinations

**How is heat stroke treated?**

It is important for the person to be treated immediately as heat stroke can cause permanent damage or death. There are some immediate first aid measures you can take while waiting for help to arrive.

- Get the person indoors.
- Remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating.
- Apply ice packs to the groin and armpits.
- Have the person lie down in a cool area with their feet slightly elevated

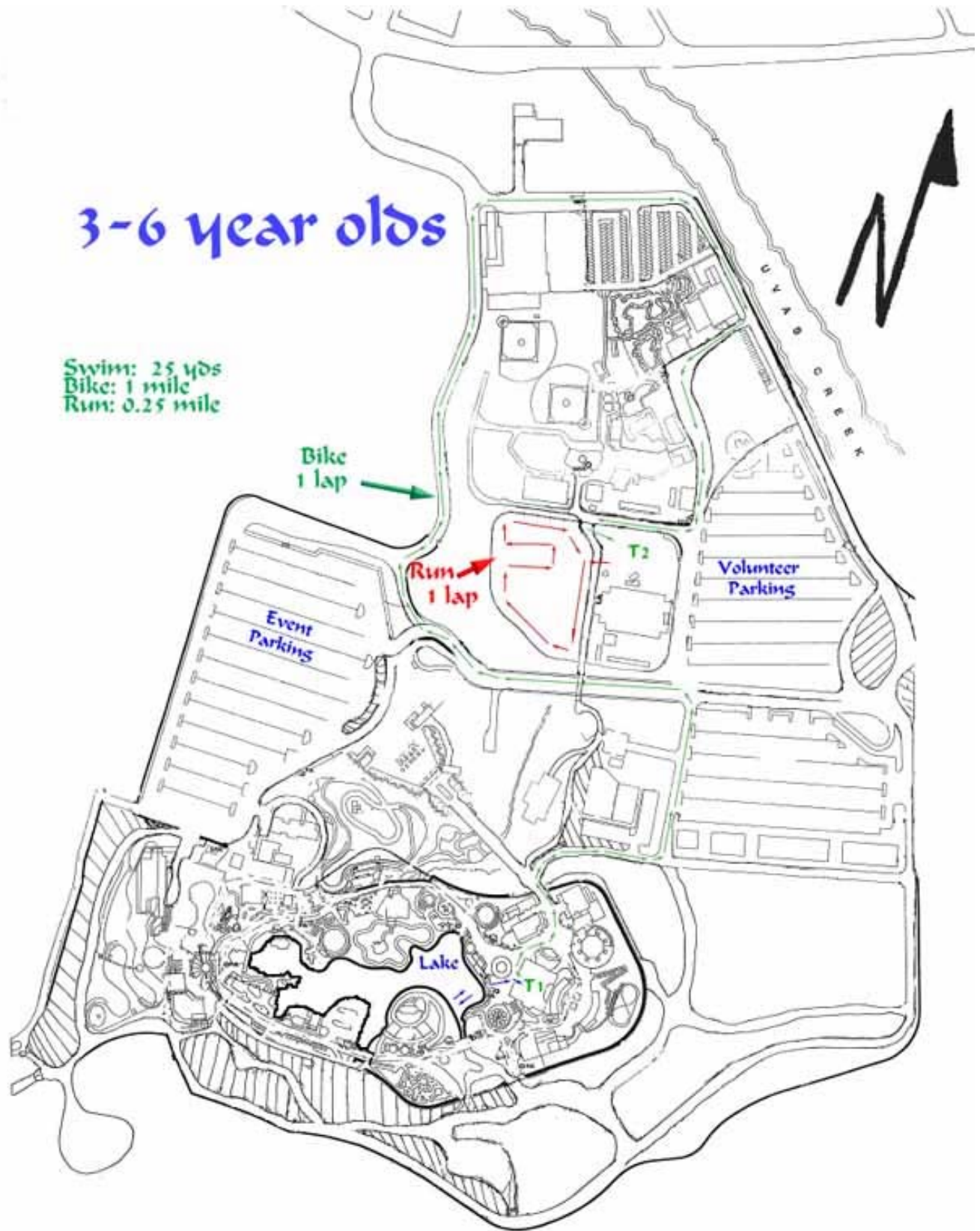
Intravenous fluids are often necessary to compensate for fluid or electrolyte loss. Bed rest is generally advised and body temperature may fluctuate abnormally for weeks after heat stroke.

**How can heat stroke be prevented?**

There are precautions that can help protect you against the adverse effects of heat stroke. These include:

- Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the drinks of choice; avoid tea, coffee, soda and alcohol as these can lead to dehydration.
- Wear lightweight, tightly woven, loose-fitting clothing in light colors.
- Schedule vigorous activity and sports for cooler times of the day.
- Protect yourself from the sun by wearing a hat, sunglasses and using an umbrella.
- Increase time spent outdoors gradually to get your body used to the heat.
- During outdoor activities, take frequent drink breaks and mist yourself with a spray bottle to avoid becoming overheated.

Try to spend as much time indoors as possible on very hot and humid days.



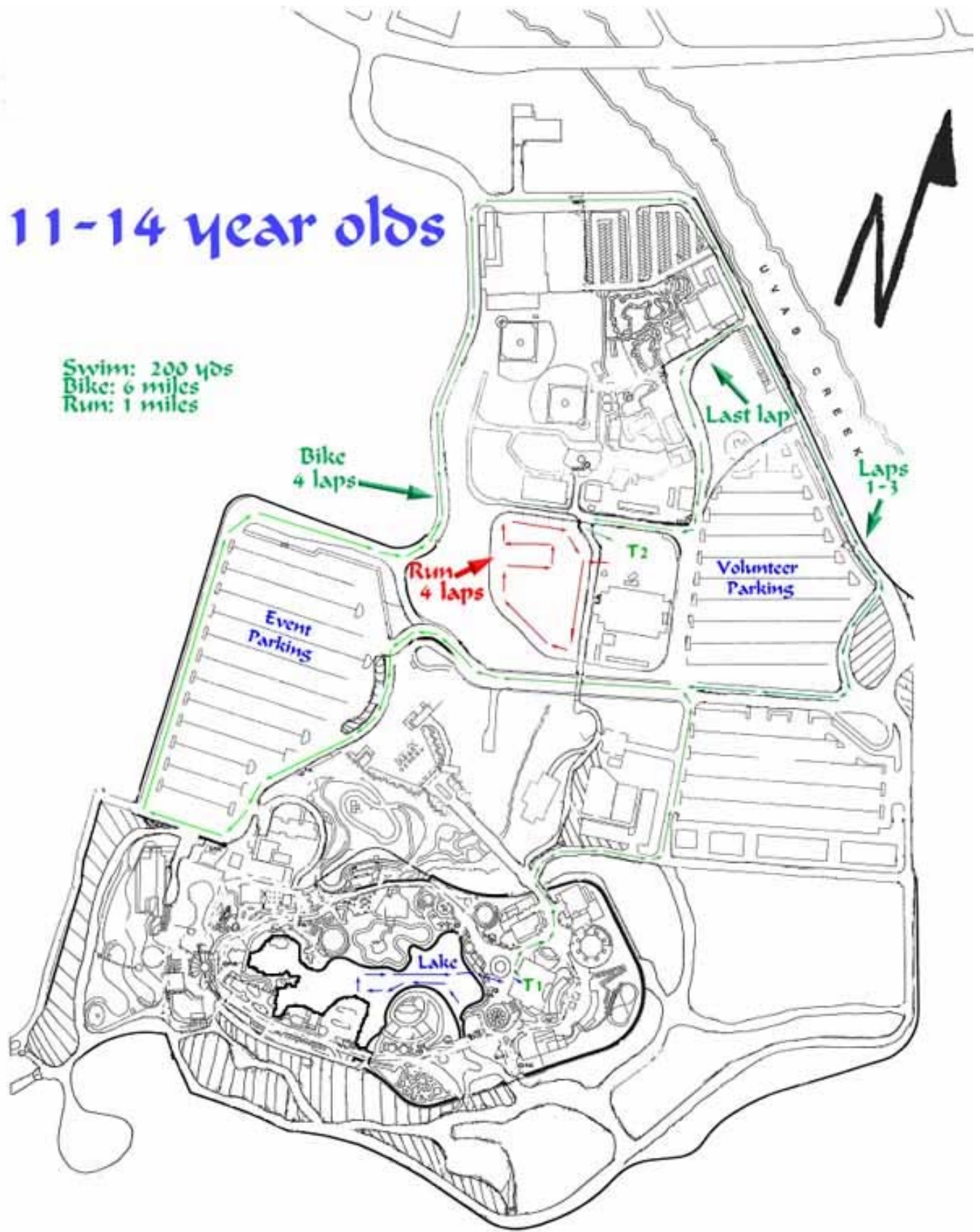
# 7-10 year olds

Swim: 100 yds  
Bike: 2 miles  
Run: 0.5 mile



# 11-14 year olds

Swim: 200 yds  
Bike: 6 miles  
Run: 1 miles



# Elite & 15-17 year olds

Swim: 400 yds  
Bike: 12 miles  
Run: 4 miles

