



Sinister Sports Racer Emergency Protocol

General Emergencies

- 1) Emergencies are defined as:
 - a. mental or physical distress of any team member or solo runner that in the judgment of the other team members or support team requires medical or traumatic attention,
 - b. a situation where a runner becomes lost; or
 - c. any other general situation where in the judgment of the runner the assistance of race administration, medical personnel, or search and rescue personnel is required.

Emergency Protocol for Runners

- 2) In the event of an emergency race participants shall immediately contact race administration- understanding that means of communication is not always available on the racecourse between checkpoints and/or transition areas the following protocol is to be followed:
 - a. If at a checkpoint or transition area contact the race staff or volunteer at that location, they will have a radio capable of contacting a race director, medical staff and/or race administration
 - b. If on the course between transition areas, checkpoints or aid stations then do the following:
 - i. If you are still capable of travelling by your own means then stay on the racecourse and continue until you reach a transition area, checkpoint or aid station, upon arrival report the nature of the emergency to the race staff at that location
 - ii. If you are unable to carry on under your own power await another runner to catch up to you and relay the emergency to him/her with instructions to pass this information along to the next transition area, checkpoint or aid station they come across. The information required to pass along to the other runner includes the following:
 - i. Your team number and your name
 - ii. Nature of the emergency
 - iii. Your location as accurately as possible, if carrying a GPS the coordinates of your location
 - iv. Any other pertinent information that could be relevant to providing you assistance i.e- medical background, medications etc.
 - v. If you are the absolute last runner on the course then a course sweeper will be following along, await assistance from the course sweep.
 - c. If you have relayed information to another runner use the minimum gear requirements you are carrying along to make yourself comfortable as you await assistance. DO NOT leave the racecourse in doing so, make yourself visible and on the course so assistance does not bypass you on the trail.
 - d. If you are running on course and become lost or unable to follow the trail, then retrace your steps to the last known intersection or area of signage. All intersections on the racecourse are heavily signed and marked with directions to keep you on course. On this note always be looking for Sinister 7 signage and/or marking ribbon, reflective tape strips, glow sticks
- 3) Race administration will react to the emergency based on the information received. There are contract and volunteer medical personnel on site during the race for provision of onsite emergencies as well as local search and rescue crews with off road transportation available to most areas of the course. When necessary one of or both of these services would be utilized.