



# 2019 Arnold Indoor Multisport Championships

## Triathlon, Ergathlon & Duathlon

Saturday, March 2, 2019, at Premier at Sawmill  
Athletic Club

3111 Hayden Road, Columbus, Ohio 43235

<http://www.arnoldsportsfestival.com>

### Highlights

- FREE Commemorative Medal to the first 150 to Register
- FREE Pass the Arnold Sports Festival Expo
- FREE Lifestyle Tee with Registration
- Overall Male and Female Winners in Each Event Get to Meet Arnold
- Join the Largest Sports Festival in the United States

### Courses

- All races start and finish at Premier at Sawmill Athletic Club
- Indoor pool swim is in a 25m pool; swimmers will share a lane with one other swimmer
- Indoor erg on rowing machines
- Indoor bike on Spinner NXT with Shimano SPD clip in pedals or toe cages
- Outdoor run on the streets of Columbus can be found at <http://www.mapmyrun.com/routes/view/1470878419>
- All athletes must finish the course by 3:30 p.m.

### Distances

- Triathlon = 600m Pool Swim, 10-Mile Indoor Bike & 5k Outdoor Run
- Ergathlon = 2k Erg, 10-Mile Indoor Bike & 5k Outdoor Run
- Duathlon = 1ml Outdoor Run, 10-Mile Indoor Bike & 5k Outdoor Run

### Spectator Fees

- Spectators will be charged \$5 Entrance Fee
- Athletes Under Age 18 receive FREE entrance for 1 adult
- All Athletes are FREE of charge

### Weekend Schedule

#### Thursday, Feb. 28 & Friday, March 1

- You can pick-up your expo pass during open hours at Premier at Sawmill Athletic Club (<https://www.premieratsawmill.com/>) at the front desk

#### Friday, March 1

- 5:00-7:00 p.m.: Packet Pick-up and On-Site Registration at Premier at Sawmill Athletic Club
- 7:00 p.m.: Course Preview Q & A

## **Saturday, March 2: All Races**

- 6:00 a.m.-1:30 p.m.: Packet Pick-up and Race Day Registration at Premier at Sawmill Athletic Club
- 7:00 a.m.: Races Start
- 7:00 a.m.-1:00 p.m.: Swimmers in the pool
- 7:00 a.m.-3:00 p.m.: Bikers in Spin room
- 7:30 a.m.-3:30 p.m.: Runners on Course (Police Detail is 9 hours from 7:00 a.m.-4:00 p.m.)
- 3:30 p.m.: Timing Ends and all Racers Must Have Completed the Race by this time
- There will not be a formal Awards Ceremony. At the conclusion of each contest (Triathlon, Erg-athlon & Duathlon) winners will report to the Registration Area to claim their award.

## **Sunday, March 3: Awards Luncheon with Arnold**

- Male and female winners in each race will attend luncheon with Arnold Schwarzenegger. The luncheon starts at approximately 11:00 a.m. at the host hotel. Racers will receive information about the awards luncheon when they receive their award.

## **Waves**

**Ergathlon Waves:** There will be 3 athletes per wave. Please attend the pre-race meeting, which will take place on the pool deck at the pool. Then you will walk up to the erg start, on the erg machines outside the spin studio.

- Wave Erg1 = 7:05 a.m. (Pre-race meeting 6:45 a.m.)
- Wave Erg2 = 8:05 a.m. (Pre-race meeting 7:45 a.m.)
- Wave Erg3 = 9:05 a.m. (Pre-race meeting 8:45 a.m.)
- Wave Erg4 = 10:05 a.m. (Pre-race meeting 9:45 a.m.)
- Wave Erg5 = 11:05 a.m. (Pre-race meeting 10:45 a.m.)
- Wave Erg6 = 12:05 p.m. (Pre-race meeting 11:45 a.m.)

**Triathlon Waves:** There will be 7-10 athletes per wave, with 1-2 athletes per lane (swimming side by side). Please attend the pre-race meeting, which will take place on the pool deck at the pool.

- Waves Tri1 = 7:00 a.m., Wave Tri2 = 7:20 a.m. & Wave Tri3 = 7:40 a.m. (Pre-race meeting 6:45 a.m.)
- Waves Tri4 = 8:00 a.m., Wave Tri5 = 8:20 a.m. & Wave Tri6 = 8:40 a.m. (Pre-race meeting 7:45 a.m.)
- Waves Tri7 = 9:00 a.m., Wave Tri8 = 9:20 a.m. & Wave Tri9 = 9:40 a.m. (Pre-race meeting 8:45 a.m.)
- Waves Tri10 = 10:00 a.m., Wave Tri11 = 10:20 a.m. & Wave Tri12 = 10:40 a.m. (Pre-race meeting 9:45 a.m.)
- Waves Tri13 = 11:00 a.m., Wave Tri14 = 11:20 a.m. & Wave Tri15 = 11:40 a.m. (Pre-race meeting 10:45 a.m.)
- Waves Tri16 = 12:00 p.m., Wave Tri17 = 12:20 p.m. & Wave Tri18 = 12:40 p.m. (Pre-race meeting 11:45 a.m.)

**Duathlon Waves:** All athletes will start in 1 wave. There is a max of 30 athletes who can compete in this race. Please attend the pre-race meeting, which will take place in the club lobby near the registration table.

- Wave Du1 = 1:30 p.m. (Pre-race meeting 1:45 p.m.)

## **Timing Ends and Awards**

- 3:30 p.m.: Timing ends and all racers must have completed the race by this time
- There will not be a formal Awards Ceremony. At the conclusion of the race winners will report to the Registration Area to claim their award.

# Athlete Information

## Arnold Expo Passes

Everyone who competes in this event will receive a pass to the Arnold Sports Festival Expo. Passes can be picked up in the lobby of Premier at Sawmill Athletic Club on starting on Thursday. Please call the club to arrange pass pick-up 614-336-2582 if you are picking up your pass before Saturday.

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## Event Tees

All participants in the Indoor Triathlon will receive a complimentary event tee; shirts are guaranteed if you register at least 2 weeks in advance of the event. Spectators may purchase event shirts for \$10 at the registration table, if available.

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## Awards & Finisher Medals

All finishers receive a commemorative Arnold Sports Festival Indoor Triathlon medal.

The male and female with the fastest overall time in each race will be invited to a luncheon on Sunday, where they will get to meet and be photographed with Arnold Schwarzenegger

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## Pricing

This race is USA Triathlon Sanctioned, and so all participants must have a valid USA Triathlon license (annual or one-day pass) to participate. The event price reflects the cost for USA Triathlon Annual Members. If you are not a USA Triathlon annual member you must purchase a one-day membership for this event with your registration for a cost of \$15. Youth 17 and under can purchase an annual membership for \$10 with registration. All race fees collected are non-refundable. Race pricing does not include online processing fee. Online registration is open through Friday, March 1, and day of registration will be at Premier at Sawmill on Saturday, March 2, beginning at 6:00 a.m. Event registration includes access to the Arnold Fitness EXPO and most events at the Columbus Convention Center as well as access to the Arnold Sports World and events at the Ohio Expo Center.

### Triathlon, Duathlon & Ergathlon Pricing

1. October-November, registration is \$80
  2. December, registration is \$85
  3. January Thru Race Day registration is \$90
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## Parking, Race Day Registration & Packet Pick-up

- You can park in the Premier at Sawmill Athletic Club lots or across the street in the overflow parking lots.
  - Enter the club through the Main Entrance and check-in at the main desk. Tell them you are here for the Arnold Sports Festival. You will need to sign a Premier at Sawmill Athletic Club waiver.
  - Registration and packet pickup will be in the main lobby of Premier at Sawmill Athletic Club for all events.
  - We recommend you arrive an hour before your event to ensure that you have plenty of time.
  - Additional parking can be found at the shops just East of the club.
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## Locker Rooms, Showers & Post Race Party

- There will be locker rooms and showers on site that you can use before, during and after your event.
- The post race party will include music, food, drinks and a photo booth! All finishers receive an awesome Arnold Indoor Triathlon Championship finisher medal.

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## Bag Check Station

- Our bag check station will be next to the Spin room. Athletes may check transition bags here. Additionally, volunteers take athlete's transition bags to this area before the final run. Racers may retrieve their bag from this tent at the conclusion of their run segment. Athletes can also store additional bags there before and during the event.

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## Race Day Information

- This race is USA Triathlon Sanctioned and so all participants must have a valid USA Triathlon license (annual or one-day pass) to participate. The event price reflects the cost for USA Triathlon Annual Members. If you are not a USA Triathlon annual member you must purchase a one-day membership for this event with your registration for a cost of \$15. Youth 17 and under can purchase an annual membership for \$10 with registration. All race fees collected are non-refundable. Race pricing does not include online processing fee.
- Online registration is open through Friday, March 1, and day of registration will be at Premier at Sawmill on Saturday, March 2, beginning at 6:00 a.m.
- Racers will register for a specific wave; we will start approximately 10 racers per wave.
- At registration athletes will be given a timing chip, transition bag sticker, race tee, pass to the Arnold Expo, and receive body marking. Athletes will provide their own food and drink during the race, except for the run course. There will one aid station on the run course. Food and drink will be provided at the finish line.
- Athletes can use the club's locker rooms.
- Athletes may warm-up in the water between waves, as lanes are available. Please see the event staff on the pool deck to determine if you are able to warm-up. Priority will be given to athletes in the next wave.
- Athletes may want to review their specific setting on the Spinner NXT bike before they start. This may allow you to determine the ideal settings for you ride. All bikes will be available for test rides before the start of the event, and then as available once the event begins. See the event staff in the bike area for available bikes.
- The run course will be open for warm-ups throughout the event. If you are warming up on course please yield to those who are currently racing on course.

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## Pre-Race Meeting & Start Lines

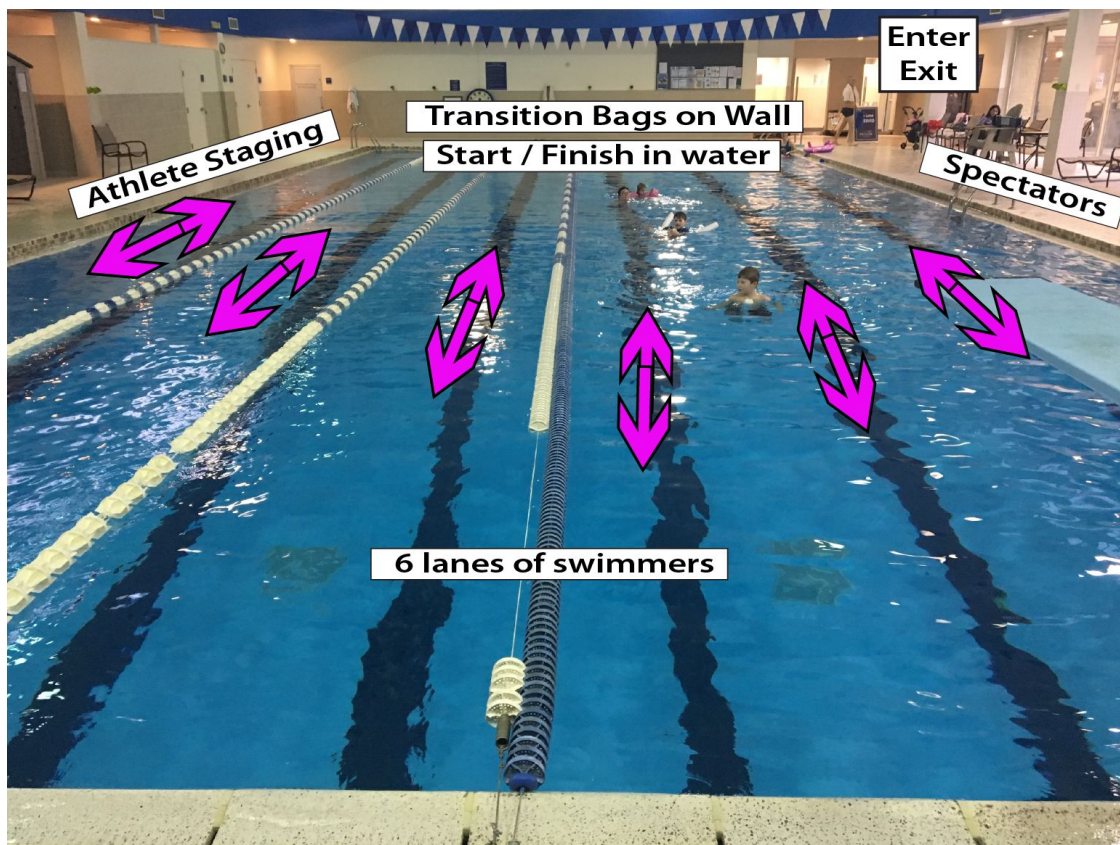
- Pre-race meetings will take place before each event (see the schedule for times). Everyone is required to attend these meetings, as they contain vital details about the race course and event. Parents/Guardians should come to the Splash and Dash meetings with their athletes.
- The pre-race meetings for the Triathlon and Ergathlon will be on the pool deck. These events will start on or near the the pool deck.
  - To access the pool from the Main Lobby, proceed left down two flights of stairs to the men's and women's locker rooms. You need to go through the locker rooms to get to the pool. Athletes can use the club's locker rooms before and after the race.
- The pre-race meeting for the duathlon will at the entrance to the Club at the Start / Finish Arch. These events will start at the Start / Finish arch at the Club entrance.

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## The Swim (Leg 1 for the Triathlon)

- Be sure to arrive on the pool deck at least 15 minutes before the start of your wave. Everyone will start in the water closest to the pool entrance (farthest from the diving board).
- Athletes will place their transition bags on the side of the pool during the swim leg. Athletes will provide their own food and drink during this leg of the race, which can be placed on the side of the pool.
- Athletes will start in waves and may have another swimmer in their lane. In this case swimmers will be expected to swim on one side of the lane, allowing the other swimmer to use the other side of the lane. All athletes in each wave will start at the same time.

- All swims will be in the pool.
  - For the 600m swim athletes must swim 12 laps or 24 lengths in a 25m pool.
  - Volunteers will count laps to ensure people swim the entire distance. On your last lap the volunteer will place a kickboard in the water to signal you have one more lap to swim.
- Athletes must complete the swim in the allotted time frame. Those who do not will be disqualified from the race, and be asked to stop the swim. You can then proceed to the next part of your race, but you will not be eligible for awards and will not receive an overall finishing time. Triathletes must finish in 18-minutes



## The 2k Erg (Leg 1 for the Ergathlon ONLY)

- Be sure to arrive on at the starting area (in front of the Spin Studio) at least 15 minutes before the start of your wave. Everyone will start inside the club, in front of the Spin Studio.
- Athletes will place their transition bags on the side of the erg during this segment. Athletes will provide their own food and drink during this leg of the race, which can be placed on the side of the erg.
- Athletes will start in waves; waves are limited to 4 per wave.
- You will have 18 minutes to complete a 2k erg on your indoor rowing machine.
- Athletes must complete the erg in the allotted time frame. Those who do not will be disqualified from the race, and be asked to stop the erg. You can then proceed to the next part of your race, but you will not be eligible for awards and will not receive an overall finishing time.
- Once you have reached 2k, raise your hand. A volunteer will come by and verify your distance.
- Once a volunteer has verified that you have completed all 2k, you may grab your transition bag and move to the cycling portion of your event.

## 1-mile Duathlon Run (Leg 1 for the Duathlon ONLY)

- Be sure to arrive at the start line (at the front of the Club) at least 15 minutes before the start of your wave. Everyone in your wave will start at the same time.

- Athletes should visit the bag check area before the start and place their transition bags in the bag check area. The bag check is next to the spin room adjacent registration and the locker rooms.
  - For this segment of the race you will complete 1 lap on the course.
  - Once you have finished follow the signs back into the club (around back) and up to the Spin studio.
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## Transition 1 (Triathlon, Ergathlon & Duathlon)

Once you complete first leg of your event, you will transition to the next segment of the race.

- **Triathlon Transition 1:**
    - Once you complete the swim, exit the water, collect your transition bag (take it with you) and you will be going through the family locker rooms to the bike area. You can transition on the pool deck on in the locker room or in the family locker room.
    - Exit the pool area through the doors opposite the diving board. Take an immediate RIGHT toward the family locker room. Go through a set of glass doors, down a short set of stairs and take a LEFT into the family locker room. Move through the family locker room exiting onto the Main Fitness Floor. Take an immediate LEFT and follow the walkway along the wall.
    - You will come to set of stairs on your LEFT; ascent the stair 2 floors to the Spin Studio. Be careful on the stairs as there may be athletes coming down them as well.
  - **Ergathlon Transition 1:** Ergathletes will move right from the ergs to the bikes because you will be right outside the Spin Studio.
  - **Duathlon Transition 1:**
    - As you approach the start/finish line you will follow the signs that say to the bike.
    - Cross under the finish arch and run through the parking lot.
    - Take a LEFT in the parking lot, and run South towards the outdoor pool area.
    - Enter the on the sidewalk and go LEFT, running East, behind the pool area and behind the club.
    - Enter the club through the back door, turning LEFT into club. There will be a sign and flag there.
    - Go straight through the fitness floor, then turn RIGHT towards the racquetball courts.
    - Make and immediate LEFT and ascent the stair 2 floors to the Spin Studio. Be careful on the stairs as there may be athletes coming down them as well.
    - The bag check is next to the spin room, so you can access your bags there in the area marked Duathlete bag check.
  - **Other Information for all races**
    - You must walk inside the club during all transitions between segments. Anyone caught running during transition will receive a 2 minute time penalty.
    - Athletes needing to change clothes may use the locker rooms between race segments. Remember, the clock does not stop during transition, so be aware of your time. Additionally, you must walk when you are inside the club (but you can run outside the club). This is for your safety. Anyone caught running inside the club will receive a 2-minute time penalty.
    - Please take your transition bag to your next segment unless you are going out to the run course. If proceeding to the run course, leave your transition bag outside the family locker room and a volunteer will take it to the bag check for you.
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## 10-mile Bike: Spin Studio Inside Premier (Triathlon, Duathlon & Ergathlon)

- A staff member will assign you a bike.
- Place your transition bag next to your bike and set-up your bike. The bikes will have Shimano SPD clip in pedals or toe cages. Each bike will also have a computer that will track your mileage. Athletes will provide their own food and drink during this leg of the race and racers are responsible for setting up your own bike. Volunteers will be on hand to assist you.
- The 10-mile bike is complete when your bike computer reaches the 10-mile mark. Once you have reached 10 miles, raise your hand. A volunteer will come by and verify your mileage.

- Athletes must complete the bike in less than 45-minutes. Those who do not will be disqualified from the race, and be asked to stop. You can then proceed to the run and finish the race. You will not be eligible for awards and will not receive an overall finishing time.
  - Once a volunteer has verified that you have completed all 10-miles, dismount your bike, grab your transition bag and exit the studio through the same door as before.
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## Transition 2 (Triathlon, Duathlon & Ergathlon)

- You can transition at your bike station or outside the bike studio.
  - As you leave the bike segment, there will be a transition bag drop area. Leave your transition bag here. A volunteer will take your bag to the bag check (across from the registration table). Once you finish your race, you can claim your transition bag there.
  - You will then proceed to the run course. You must walk during this transition. Anyone caught running will receive a 2 minute time penalty.
  - Proceed out of the Spin Studio and go back down the stairs; the stair will be on your RIGHT. Descend to the bottom. Take a RIGHT and to pass through the fitness equipment and leave the gym by the backdoor.
  - Proceed out the backdoors of the club and following the signs, run around the building to the front of Premier. Go under the start finish arch and proceed past the front of the club. This is the start of the run course.
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## The Run (ALL Races)

- The 5k run will be outdoors, so please dress accordingly. The 5k run course will be on the streets of Columbus and monitored by police and volunteers. The run course can be found at: <http://www.mapmyrun.com/routes/view/1470878419>
- 1 lap of the course is approximately 1-mile. Athletes will complete 3 laps on the course for the 5k, 1 lap on the course for the 1-mile.
- We will be closing only the LEFT lane on Eastbound Hayden Road from Riverside to Old Bethel Road. Athletes will be running in the closed lanes for the entire run. Please keep the cones on your LEFT going out and on the RIGHT coming back. You MUST stay on the RIGHT of the closed lane out and back.

### TRI, DU & ERG Run Course Step by Step Directions:

- Proceed out the backdoors of the club and run around to the front of the club. Follow the signs.
- Go under the start finish arch and proceed past the front of the club. This is the start of the run course.
- The course is a loop on Hayden Road.
- Turn RIGHT onto Hayden Road, and keep the cones on your LEFT. Stay in the RIGHT side of the lane, closest to the sidewalk. Run East.
- At Bethel Road turn around and run West back the way you came.
- For the 1-mile run or loops, continue past Premier and run to West to Riverside Drive.
- At Riverside, turn around and proceed back towards Premier.
- To complete the loop or on your final lap go back into the Premier parkings lots for the Finish.
- If you are continuing onto another lap, keep running East on Hayden and repeat the loop.
- For our duathletes, you will run past the Start/Finish arch, through the parking lot, around to the back of the club, into the back door following the signs to the Spin Studio.

### COURSE NOTES

- Please follow the signs, cones and chalk on course.
  - There will be 1 aid stations on course which you can visit on the way out and on the way back on course.
  - Once you have completed your run, cross the finish line and your time will stop.
  - Proceed inside the club, retrieve your transition bag from the bag check, and enjoy our post race refreshments.
  - All runners must complete the run course 2 hours after the start of the last wave.
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## Post Race Party: Food, Drink, Awards and Photo Booth

- Once you have completed your course, please join us for the post race party.
- We will have food and drinks inside Premier.
- Additionally you can get pictures at our photo booth inside the Premier lobby.

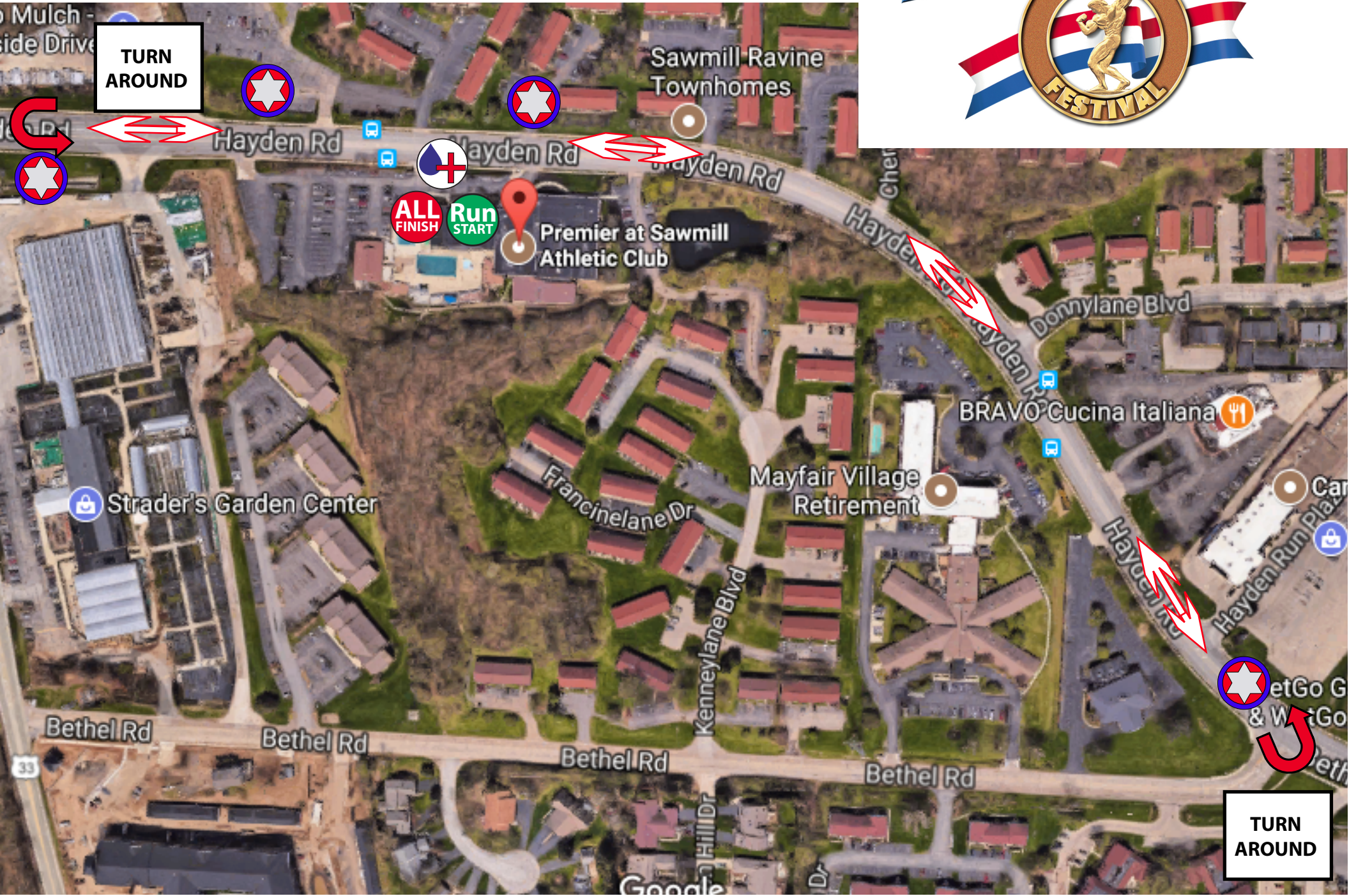
The male and female with the fastest overall time in the following races will be invited to a luncheon on Sunday, where they will get to meet and be photographed with Arnold Schwarzenegger:

- Triathlon overall male and female winner
- Duathlon overall male and female winner
- Ergathlon overall male and female winner



# Arnold Indoor Multisport Championships

Triathlon, Ergathlon, Duathlon & Youth Splash n' Dash



TURN AROUND

TURN AROUND

ALL FINISH Run START

Sawmill Ravine Townhomes

BRAVO Cucina Italiana

Mayfair Village Retirement

Strader's Garden Center

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# ARNOLD SPORT FESTIVAL EMERGENCY ACTION PLAN

## EMERGENCY CONTACTS

- **Event Director & Facilities:** Mick Mominee (937) 572-5018
- **Medical & Run Course:** Dr. Nick Curry (937) 681-4837
- **Finish Line & Timing:** Oliver Thwaite (419) 341-3372
- **Lost Child/Vulnerable Person Coordinator:** Dr. Nick Curry (937) 681-4837

## INTRODUCTION

Emergency situations may arise at any time during athletic events. In order to facilitate appropriate, effective, and timely care, **Arnold Expo Medical Team & The Multi-Sport Medical Team**, official medical providers for the Arnold Sport Festival Indoor Triathlon, and Dr. Nicholas S. Curry, Chief Medical Consultant, have devised this emergency action plan to follow in the case of an emergency. Since this is an indoor triathlon, it is unique in regards to setting up an Emergency Action Plan. The Premier at Sawmill Athletic Club will be managing the swim portion with their life guards and we will adhere to their policies while participants are within the facility. This EAP is primarily geared towards managing emergencies outside of the facility while participants are on the run course.

Organizations in charge of athletic events must be prepared to handle any medical emergency from basic care to providing appropriate care in life-threatening situations. This emergency action plan details the specifics of such care including the provision of medical equipment that will be prepared and supplied during the event, clarification for course communication, and organization of care to be given in an emergency situation.

## COMPONENTS OF THE EMERGENCY ACTION PLAN

- I. Emergency Plan Personnel
- II. Emergency Communication
- III. Emergency Equipment
- IV. Map of Venue
- V. Storm Safety Plan
- VI. Follow up

### I. Emergency Plan Personnel

#### A. Personnel on Site

Medical personnel at the Main Medical tent and the roaming First Aid Station will include at least one of the following: Physician, Certified Athletic Trainer, EMT, Paramedic, and/or CPR-Certified volunteer. **Arnold Expo Medical Team & The Multi-Sport Medical Team** will work together with paramedics from **Columbus Fire Department**. For clarity in this plan, MEDICAL STAFF will refer to representatives from **Arnold Expo Medical Team & The Multi-Sport Medical Team** and PARAMEDIC STAFF will refer to **Columbus Fire Department**.

The Main Medical tent is located at the Start/Finish line. The roaming First Aid Station will be located at approximately the 1 mile mark on the run course & will have the ability to roam in either direction. Final location of this roaming station can change slightly closer to race dependent on weather and accessibility to run course.

#### B. Roles of the Emergency Team

##### 1. Acute care of the athlete

First aid and CPR will be initiated according to the specific skills of the trained medical personnel present. The MEDICAL staff will be the initial responder, and the PARAMEDIC staff will be called if needed. Injuries treated will be documented as per USAT documentation requirements.

##### 2. Use of emergency medical equipment

Appropriate emergency medical equipment will be obtained prior to the event and provided at the individual first aid stations and main medical tent the day of the race. Those personnel familiar with the type of equipment necessary in an

emergency will be available to use the equipment. Equipment shall include, but not be limited to, an AED, oxygen, and first aid supplies. Telephone numbers for local police, fire department, and ambulance service will be available.

Location of AEDs: Finish Line (with oxygen), Pool Deck, Spinning Room, Back Office, and Roaming in ATV on run course.

### 3. Location of MEDICAL STAFF

There will be a minimum of 1 dedicated medical staff stationed at the Start/Finish line and a roaming ATV medical unit on the run course. Life guards provided by Premier at Sawmill Athletic Club will be responsible for maintaining safety on and around the pool deck.

### 4. Activation of the Emergency Medical System (EMS)

Any individual can activate the EMS in the case of an emergency by either calling the MEDICAL staff at the Main Medical tent (see II below) or by calling 9-1-1. If 9-1-1 is called, the dispatcher will be aware of the event & will dispatch PARAMEDIC staff. Depending on the type of emergency, one of 3 things will happen:

- a. A MEDICAL staff member will be dispatched to the scene, will assess the situation & either allow the athlete to proceed or activate transport either back to Main Medical or to an Emergency facility.
- b. In a non-emergency, a member of the race staff will arrange to transport the athlete back to Main Medical.
- c. PARAMEDIC staff will be dispatched directly to the scene.

One member of the on-site emergency MEDICAL staff will be responsible for activating the emergency medical system for people requiring transport. They will check the functioning of the communication system prior to the start of the event and deliver information in a calm, organized, and effective manner.

### 5. Directing of paramedics to the scene

In the event extra paramedic staff are needed, the on-site MEDICAL staff will give them directions to the site of the injury/event. One individual from the responding first aid station will be designated to activate EMS and direct them to the scene, if necessary. This person will assist with moving of barriers and dispersal of spectators as needed.

### C. Protocol for Emergency Medical System Activation

1. Contact on-site MEDICAL staff via two-way transmission/cell phone.
2. Provide the following information to the medical staff:
  - a. Athlete name, race number, and location of emergency
  - b. Number of athletes involved
  - c. Status of the athlete(s)
  - d. First aid provided prior to calling
  - e. Directions to rescue scene
  - f. Other information requested by the dispatcher
3. If unable to contact on-site medical staff, 9-1-1 will be called.

### D. Paramedic support

PARAMEDIC staff, Columbus Fire Department, will not be on-site during the event. In the event a transport needs to occur, an ambulance will be called to perform the transport.

### E. Transportation

The PARAMEDIC staff will provide transportation for those runners with life-threatening conditions to a designated facility. In non-life threatening situations, an individual requested by the athlete will be allowed to transport him/her to the appropriate facility.

## II. Emergency Communication

Effective communication is essential in order to deliver quick and appropriate medical care. All responders on the scene and emergency medical personnel will be competent with the transfer of information. Those health care professionals who are calm and most comfortable with providing information will be in charge of communication.

Portable two-way radios/cell phones will be present the day of the race at each aid station in the event there is a need to contact EMS. Back-up systems will include personal cellular telephones. Key emergency personnel contact information will be provided to the all emergency and race personnel before the start of the race.

### **III. Emergency Equipment**

Available emergency equipment is a necessity during any athletic contest. It is especially important in regard to endurance events. Equipment will be up-to-date, in working order, and appropriate for the level of care that is to be provided. Equipment shall include, but not be limited to, an AED, oxygen, and first aid supplies.

Location of AEDs: Finish Line (with oxygen), Pool Deck, Spinning Room, Back Office, and Roaming in ATV on run course.

First aid equipment will be provided by **Arnold Expo Medical Team & The Multi-Sport Medical Team** and stored in a clean, safe environment prior to the day of the race. It will be readily available for use on the day of the race. The paramedics will coordinate care and availability of their own equipment.

### **IV. Map of Venue**

A map of the race course will be distributed to the medical personnel prior to the race. Each aid station will establish a route of entry for paramedic personnel.

### **V. Storm Safety Plan**

#### **A. Race Cancellation/Delay**

1. The start of the event may be delayed up to 2 hours if any of the following weather conditions exist: Tornado Watch, Thunderstorm/Lightning, "Heavy" Rain, "light" snow, ice patches, or extreme coldness.
2. This event may be cancelled if one of the following weather conditions exist: Tornado Warning, Severe Thunderstorm/Lightning, persistent "Heavy" Rain, "Heavy" snow or snow that covers run course, ice throughout run course, or extreme coldness.

#### **B. Authority to Cancel/Delay Race**

1. The Race Director, in accordance with local law enforcement has the authority to cancel/delay this event. The Medical Director for this event will advise the Race Director accordingly.
2. If threatening weather conditions force cancellation of the event, no refunds can be provided, since funds were already spent in preparation for Race Day. T-shirts will be distributed.

#### **C. Cancellation/Delay Broadcast**

1. The media broadcasting the event and the event emcees will communicate any delay and/or cancellation of this event.
2. Warnings regarding inclement weather will be reported to all medical staff via cell phone or two-way radio transmission.
3. Ground Zero is located at the medical tent in the finish area and will be utilized to communicate the decision. If necessary, medical personnel will direct athletes and spectators to safer areas as instructed by the Race Director & law enforcement. In the event that participants need to seek shelter, safe points at the Premier at Sawmill Athletic Club will be established.
4. Inclement weather status signs will be set-up at designated points along the run course to keep participants informed of changing weather statuses.

### **VI. Follow Up**

The MEDICAL staff will:

- A. Document action taken and discharge status of athlete
- B. Restock first aid supplies
- C. Evaluate effectiveness of action plan and propose future changes if necessary
- D. Provide debriefing and feedback to personnel as needed
- E. Provide follow-up to the medical staff of athletes transported off-site