



## 2021 Safety Operations Overview

# Safety Operations Plan

## Overview

EMS Operations for IRONMAN are a combination of numerous resources and personnel from a multitude of agencies, both volunteer and career. EMS Operations for the race are part of the overall Ironman Medical Plan and fall under the medical direction of race medical director. Ironman EMS resources; ambulances, personnel, communications/dispatch, and the medical tent, function as their own EMS system with the sole purpose of providing treatment and transportation to the select sub-group of Ironman race participants only. Emergent medical care of spectators and the general public is the responsibility of the existing 9-1-1 system and its established providers, agencies, and medical direction. In the event Ironman EMS personnel should be witness to a medical emergency involving someone other than a race participant, they should notify the 9-1-1 system immediately and provide emergent medical care until 9-1-1 system resources can arrive and assume responsibility for the incident. Ironman EMS resources will not be dispatched to 9-1-1 calls nor will 9-1-1 emergency services be used as a primary response unit for race participants.

Each athlete/patient with medical issues will require some careful triage. If you have not received information on the athlete before your arrival on the scene contact EMS Command and supply the athlete's bib number. EMS Command has access to the Athlete Medical Database and can inform you of any medical conditions that may help you assess and treat the patient. Should that athlete continue the race? Do they need transport or a short time to recover and continue on in the race? If they are transported, are they going to the medical tent or to the ER?

Problems such as cramping, nausea, vomiting, exhaustion, abrasions, visual disturbances, corneal abrasions, dehydration, diarrhea, abdominal cramping, mild cases of bronchospasm, mild allergic reactions, mild trauma, and most cases of dizziness can be handled in the medical tent. Suspected cases of hypothermia or hyperthermia without associated altered mental status are also medical tent scenarios if a transport does occur. Suspected hypothermia or hyperthermia associated with altered mental status need to go to the ER. Think of the medical tent as an immediate care facility, not a place for definitive care.

Hypoglycemia can be treated and released with anything that the athlete can access on the course, such as Perform, Coke, or Power-Gel. Medications such as oral glucose, 050, or Glucagon will disqualify the athlete regardless if they quickly recover or not. Oxygen is considered to be a medication and it is not readily available, so oxygen administration will medically disqualify a contestant.

Any type of significant trauma needs to go to the ER. Injuries such as concussions, broken collarbones, shoulder separations, ankle fractures, etc., are all worthy of a trip to the hospital for definitive care. Situations of compromised mental status need to be evaluated very carefully. If the patient is slow to respond but oriented he/she should be allowed some time to recover and continue the race before transport to the medical tent is warranted. If the patient has experienced syncope or is disoriented on exam, then it's time to head to the ER.

Any condition you suspect is cardiac related or anything you are uncomfortable with should go to the ER. If you have a question regarding transport destination contact EMS command by radio for a consult. The placement of a cardiac monitor on a patient for observation is not grounds for disqualification on its own. Drug administration, IV infusion, or ambulance transport means the race is over for that individual. Helping an athlete bandage/clean road rash, wrap an ankle, treat blisters, etc. are not grounds for disqualification. If in doubt regarding minor injuries: treat, report treatment and bib number and then send athlete on their way. Ironman Staff will handle race disqualification.

Athletes will obviously be reluctant to abandon the race. Most will have a realistic idea of whether or not continuing is medically appropriate. If a situation occurs where you feel that the athlete should not continue the race and you are not successful in convincing the athlete to withdraw for a trip to the medical tent, contact EMS command and an Ironman Staff member will respond. You have the authority to have an athlete removed from the race for medical reasons if necessary.

If the athlete continues out on the course, provide a race bib number and we will intercept him for this evaluation. Make sure you report the race bib number for proper logging.

## **EMS Command Post**

The EMS Command Post will be the Fire Department on Dayton St. The room will contain representatives of Ironman – Ken High and Ellen Brunet, Ryan Brothers Ambulance, City of Madison Police, Dane County Sheriff, UW Police, 911 Dispatch and City of Madison Fire other agencies are invited to participate as they see necessary. Communication will be handled within each department but by being in the same room, communication will flow freely between groups as necessary. Ironman will communicate via radio with repeater network with cell phones as back-up.

Ironman Command Phone #s – 608-261-5555  
608-261-5556

## **Hospital Transports**

The primary hospital for transports is UW Hospital located at 600 Highland Ave. Other hospitals include Meriter, located at 202 S. Park St. and St. Mary's, located at 700 S. Park St. These hospitals will be used by choice of patient and/or in the case of less severe injuries.

## **Medical Tent**

The race medical tent will be located on Wilson St. Near Pinkckey. This is located near the finish but allows for access for medical transports to local hospitals. Each bed group or "pod" is staffed with 6 nurses, EMT and a non-medical runner. 1 doctor over sees each pod. Each bed is equipped for IV. Oxygen is from the ambulances.

Jennifer Schmidt, PA is assistant – 608-516-1220

Ryan Bros. will have 35-40 staff including medics, EMTs, dispatch, ATV, medical tent and bikes

All ambulances are Paramedics and EMTs – all units single Paramedic – equipped to ALS level

- 10 units dedicated to the course with 2 on call
- 4 ATV with EMT or Paramedic – AED and IV
- 2 bike medics for outlying run course – IV
- 2 boats with AED provided by Ironman

Ambulances start at every aid station with unit at medical tent as well and then roll from there as necessary.

## **The Swim Course (2.4 miles)**

The swim course is a rectangular, clockwise, 2-loop course. It will be staffed with kayaks, PWCs, paddleboards and powerboats. Lifeguards will be occupying many of these craft. Spotters will also be located on the roof of the Monona Terrace. See swim diagram for representation of location of resources. Any athlete removed from the water requiring ambulance transport is to be immediately taken to the ambulance posted on shore near the Monona Terrace or the boat launch to the northwest. Ryan Bros. will also have an AED equipped utility vehicle capable of transporting roaming the shore.

When a swimmer in trouble is identified, a lifeguard will sound a whistle and aid the troubled swimmer. Should that swimmer be conscious, he/she will be aided to a non-medical boat for recovery. If his/her condition appears urgent a medical boat will rendezvous for transfer. In the event of an unconscious swimmer being pulled from the water, one of the medical boats will be requested for immediate pick-up. Note: Once the swim starts, it is nearly impossible to stop it. In the event of lightning or an event of catastrophic proportions, race officials will attempt to close down the swim course.

DCS boat will patrol the exterior of the course to keep non-event watercraft away. Divers will be used only for search and body recovery, not for rescue efforts.

**The swim will not start until all EMS personnel and equipment are on post and ready. It is not sufficient to be “en route” to post. The event will start at 6:40 with pro men and women start following with a rolling start of the rest of the participants. The Participants will enter the water approximately 5 people every 5 seconds.**

All EMS personnel assigned to swim will meet at boat Launch Ramp at 6:20. **Must be on post by 6:30.**



**LAKE MONONA SWIM SHOWING “CONCENTRIC CIRCLE” DISPERSION OF SAFETY ASSETS AND  
AMBULANCE EXTRACTION POINTS. GRAPHICS FOR ILLUSTRATIVE PURPOSES ONLY AND DO  
NOT REFLECT ACTUAL LOCATION OR NUMBERS**



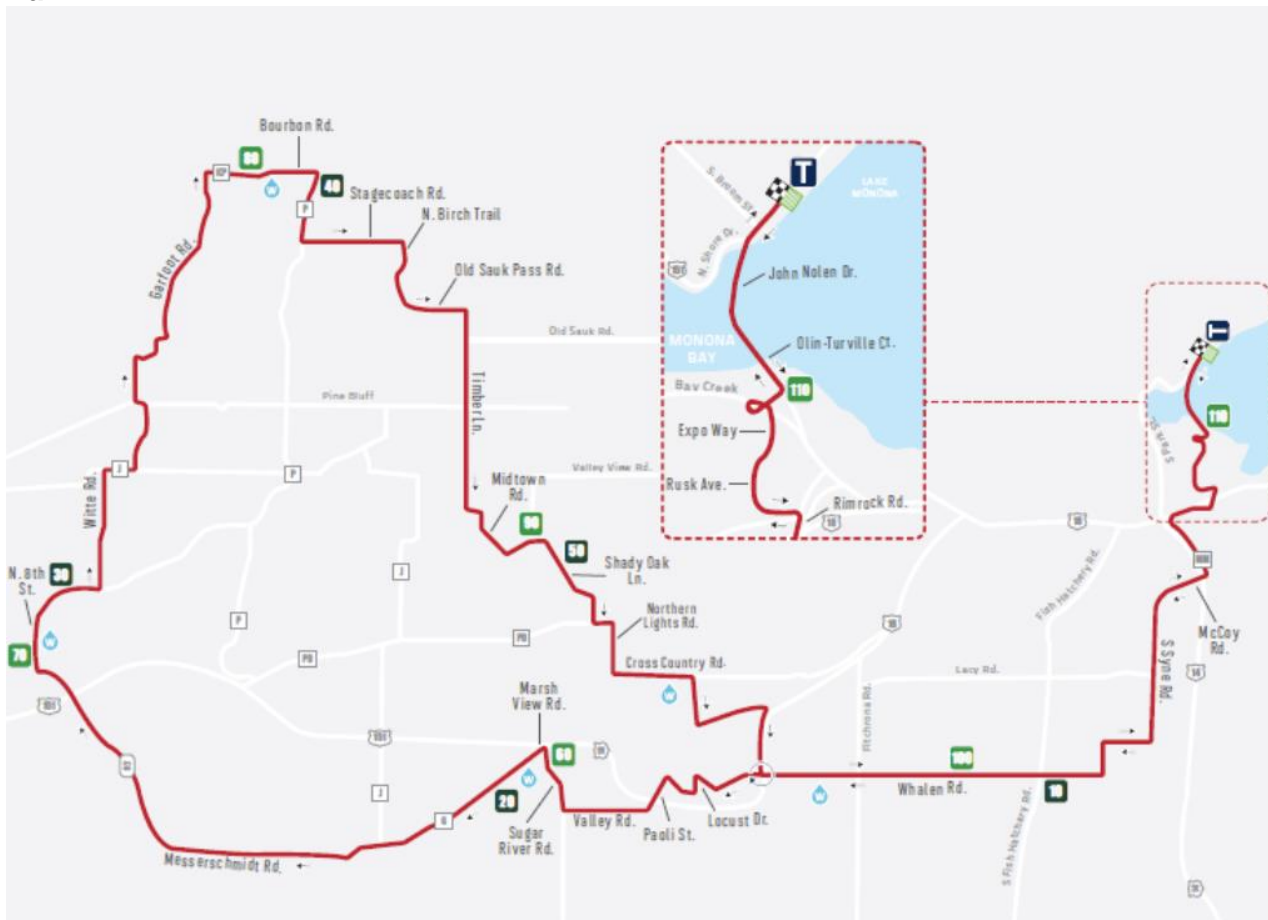
## The Bike Course (112 miles and 56 miles)

The bike course consists of 2 laps on an approximately 40 mile loop with an approximate 16 mile out and back. After leaving transition, the athletes will leave the Monona Terrace heading out John Nolen Dr. continuing through Town of Madison, Fitchburg, Verona, Mt. Horeb, and Cross Plains before entering Verona again to begin second loop. There is a cut-off time of 1:30 pm to begin the second loop. All bikes must be back at the Monona Terrace by 5:30 pm in order to continue the event.

Bike related trauma can occur anywhere, units need to be especially careful to operate safely at all times and to not impede the cyclists if at all possible.

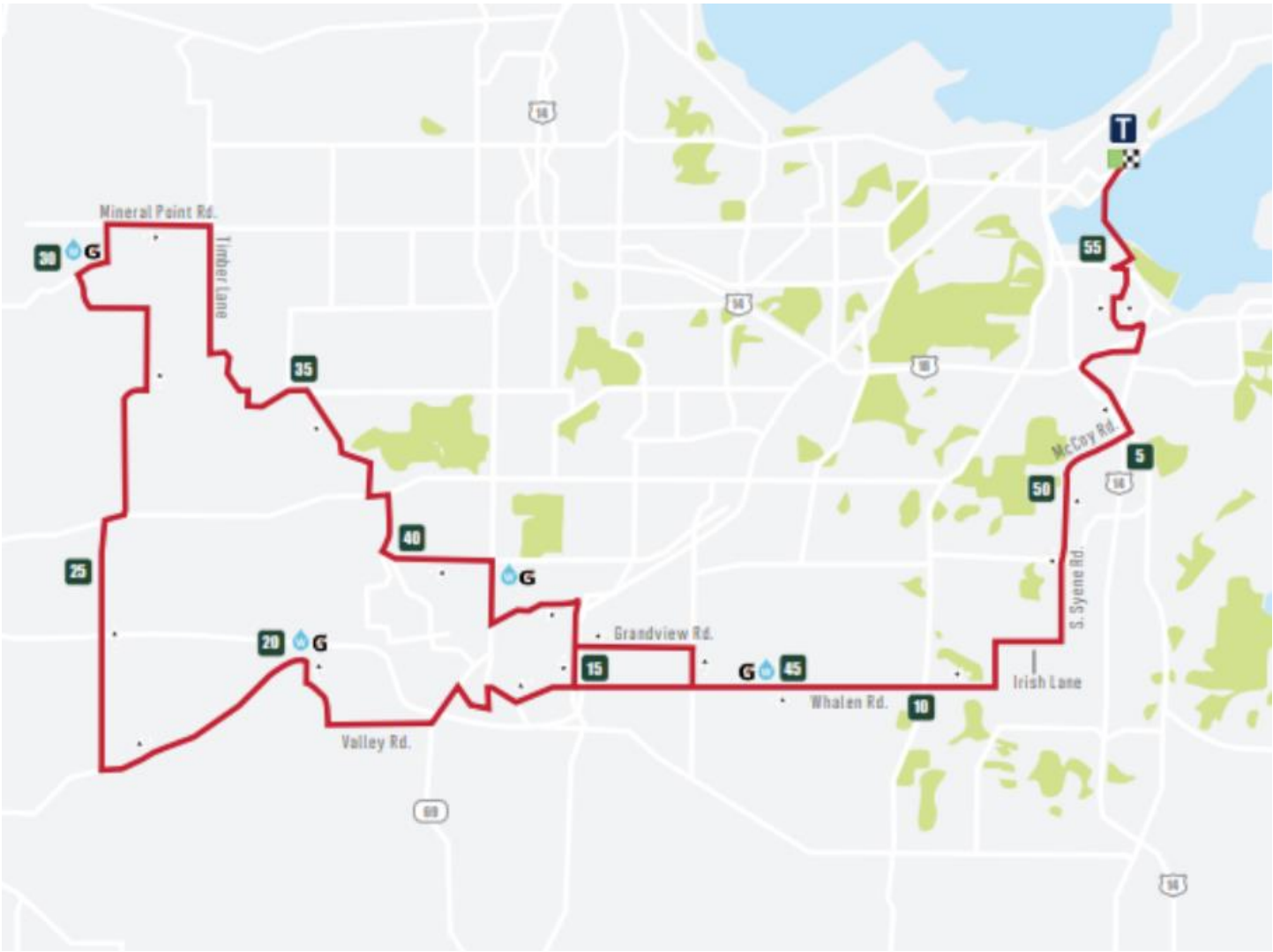
Ambulances for the bike course report directly to their assigned aid station/course locations. Aid Stations are represented by water drop symbol on map. As ambulances respond to athletes with medical problems, some of those athletes will require transport to the medical tent or possibly the hospital, once they deliver a patient to the medical tent they will be reassigned to an open aid station or dispatched directly to an incident on the course. It is possible they may never return to their originally assigned aid station during the remainder of the race. Ryan Bros. will handle all dispatch of their ambulance from the EOC.

### Bike Course Full





70.3 Course





## The Run Course (26.2 miles)

The Run Course is a 2 lap (70.3 - 1 Lap) out and back course which leaves T-2 at the Monona Terrace and utilizes streets in Downtown Madison and the UW Campus. As the last cyclist makes their way around the bike course, ambulances and aid stations will progressively be shut down. Ambulances will report to Ryan Bros. command for their next assignment to a post on the run course. Some ambulances will probably be released at this point depending on the weather and casualty rate for the day but should report to EMS command to clarify their status and to return any equipment or radios before withdrawing.

## Run Course



## **Weather related issues**

The Command Center will continuously monitor weather reports including active radar starting 2 hours prior to the swim start and continuously throughout the day. Weather updates will be broadcast on the primary race operations radio channel at a minimum of every 30 minutes prior to the swim. After race start, weather updates will be broadcast whenever any weather condition of concern is detected. Threshold for lightening is 10 miles.

### **Inclement Weather**

- If the potential exists for hazardous weather the Race Director will inform all swim staff and the race announcer. Athletes will congregate in the Monona Terrace so we can remain in contact with them.
- The Race Director and Swim Director will decide on the start of the swim by 6:30 am. If conditions prohibit the start of the race, a start delayed to 7:30 am will result in a full swim with the cut off time 2 hours and 20 minutes after the start however, all cut off times on the bike and run courses will remain in effect. A start delay until after 7:30 am will require shortening the swim to a 1.2 mile loop with all cut off times intact. If by 8:00 am, conditions prohibit the start of the swim but allow for continuation of the race, the swim will be cancelled and a duathlon will start at 8 am. Athletes will be sent off in a time trial format from the Monona Terrace.
- Should hazardous weather arise during the swim, the Race Director will cancel or shorten the swim portion of the event if possible. The Swim Director will then inform all swim captains and boats that the swim has been cancelled. All volunteers will advise the athletes to return to shore.
- If inclement weather occurs after the bike or run portion have started, athletes and volunteers are on their own to seek shelter. Weather issues will be communicated via radio to list below telling people what to do. Potential shelters are schools and churches along the route, park shelters, bridge over passes, parking structures in the city of Madison and on the UW Campus.

## **Communication plan for broadcasting weather issues**

Ken High and Ellen Brunet will be in the race command center. Ken will be monitoring weather radar and reports via internet weather websites. Ken will also be in direct communication with 911 dispatch regarding anything they are hearing regarding dangerous weather.

Should inclement weather be forecasted/threatening the race, Ken will be in contact with Ryan Richards, Race Director and Frank Lowery, Ironman Operations Manager to inform of situation. Based on information received, threat of weather, location of weather, and direction of travel for weather, a decision regarding the race will be made. If race needs to be stopped or shortened or changed, Ryan Richards, Race Director will make that decision. Communications to Dane County Sheriff, Madison Police, and other parties will be made through Dane County Communications. Communications regarding Ryan Bros., will be made through Ryan Bros. Decisions regarding the race will be communicated to race staff, aid stations, and volunteers on course via the race radios. All communications will use cell phones as back-ups and hard lines as a back up to that where possible.

Ironman Race Command all people in direct radio communications

Ken High – Ironman Communications

Ryan Richards – Race Director

Eric Atnip– Ironman Operations Manager

Jason Beren – Ironman Swim Course Lead

2 Ironman Staff Swim Course

Swim communication to boats, kayaks on course and spotters on shore via marine band radios

Ryan Griessmeyer – Bike Course Lead

3 Ironman Staff Bike Course

5 bike aid stations

Verona – Whalen Rd

Sugar River Rd.

Mt. Horeb – Mt Horeb High School

Cross Plains – Payne and Dolan Quarry

Verona – Verona High School

4 Bike Mechanics

4 Spotters/Officials on bike course

5 Bicycle sag vehicles

Julie Coleman– Run Course Lead

2 Ironman Staff Run Course

7 run aid stations

Capitol Square

Kohl Center

Spring St.

Walnut St.

Lot 60 Boat Launch

Porter Boathouse

State St and Gilman

4 Run Sag vehicles

2 Ice supply vehicles

2-5 staff on-site near finish and Monona Terrace

Communications to spectators will be made via loudspeaker announcements located at Swim Start, Verona Main St. and at the Finish Line 200 Block MLK.

## **Lost Child Plan**

Any child that is separated from their parents, near the race site, will be brought to the announcer stand. There will be an announcer stand at the swim start, on the bike course in Verona and at the finish line on Martin Luther King Jr. Blvd. The announcer will announce the lost child and ask parents to come to announcer stand. It will also be announced over race radio. Staff member will stay with child until reunited with parents. If parents approach regarding their child missing, an all call will go out over radio with description of child. This will also be communicated through Ironman command so MPD and/or DCS are aware of situation. Announcer will also ask for people to look for child and bring them to the announcer tower. Likewise as MPD or DCS are approached regarding missing child, it should be communicated to race command so it can be broadcast to Ironman Staff.