

# White Tanks Grinder

Saturday February 23, 2019

## Course Marshal Instructions

### OVERVIEW

First, thank you for volunteering! Your time and energy are an integral part of the event's success. Course Marshals have an active role in ensuring safety on the course. Course Marshals stand at key marshal points along the course to warn riders of hazards, direct riders, ensure fair play and provide rapid response to incidents. Course Marshals may also act as crossing guards and/or event representatives to other trail users. Additionally, course marshals are responsible to communicate report any incidents or to call in medical assistance. You will be provided an emergency contact sheet – please keep it on your person throughout the duration of the event. A note pad is provided to keep track of any outside support, rule violations and riders who abandon the race. Course Marshals can hike or ride bikes to their marshal points. Lastly, remember to cheer on those riders as they pass by!

### GOALS AND TASKS

- ✓ Increase safety for riders and participants;
- ✓ Enhance communication on course to provide for faster response to injuries and situations requiring assistance;
- ✓ Direct riders to stay on course;
- ✓ Discourage and report course cutting and/or inappropriate behavior, including non-racers riding on course;
- ✓ Record and report "dropped riders" (riders that are abandoning the race)
- ✓ Record and report riders receiving mechanical assistance (a 5-minute penalty applies to riders receiving outside support);
- ✓ Record and report riders that exhibit poor sportsmanship (inappropriate language, aggressive behavior)
- ✓ Provide encouragement;
- ✓ Look out for and warn spectators, and other trail users (especially watch for young children and dogs);
- ✓ Repair broken course markings;
- ✓ If you Marshal in the afternoon, after you are relieved from your position by the Final Sweeper, please take out as much as possible course markings and items dropped by riders.

## PROCEDURE

### **In Case of an Injured Rider and/or Emergency:**

- 1) Remain calm;
- 2) Announce yourself cell phone (i.e., "Course Marshal 2 calling Chief Marshal"). Please call the Jeff Frost at 928-380-0633 when reporting the accident /situation;
- 3) Identify the location of downed rider in relationship to your marshal post number (e.g., "500 feet before MP 3");
- 4) Identify the race plate number of the injured or sick rider, but do not report their name;
- 5) Provide an initial assessment of the injury (do not provide treatment beyond your training);
- 6) As much as possible, provide clothing/cover to keep injured warm and reassured;
- 7) If injury is traumatic, prevent unnecessary movement of the rider's head & neck;
- 8) Do not allow a coach or spectator to interfere with caring for rider;
- 9) If necessary, ask for spectators and/or other riders to help control rider traffic around downed rider; and
- 10) Wait calmly for help to arrive.
- 11) IF you cannot reach Jeff, DIAL 911.**