

## WMR Event Medical Plan

This document will provide information on the medical safety measures that are in place and enforced at all race venues on West Mountain at 59 West Mountain Road, Queensbury, NY.

- The West Mountain First Aid Center is located at the bottom of the Main Base Area and to the skier's left of the West Mountain Sports building. There is also a patrol building at the top of both Chair 2 (West Express) and Chair 3 (Northwest Express).
- West Mountain Ski Patrol (WMSP) has members consisting of both paid and volunteer staff, both EMTs and OECs (Outdoor Emergency Care) and will be present at all events.
- WMSP will be equipped with a trauma sled at the Race Start location and oxygen and defibrillators at the top of Chair 2 (West Express) and Chair 3 (Northwest Express).
- A patroller with a sled will be in position at the Race Start location before the 1<sup>st</sup> forerunner starts. Back-up patrol will be available at the top of Chair 2 just a minute or two away.

**Action Plan:** In case of a race time injury, the following plan is put into action:

- Race is put on hold and the WMSP located at the top of the course will respond to the injured racer's location.
- STOP THE BLEED kits are located at the Start Area, at the middle of the course, and at the Finish Area. Each one will be placed on a pole with a yellow flag on the side of the course.
- A WMSP replacement will be sent to the top of the race course for backup.
- After evaluation, it will be determined if additional help is needed to stabilize the injured racer. The additional support will come from the First Aid Center at the Main Base Area.
- Injured racers will be transported to the First Aid Center.
  - If emergency transport is needed, WMSP base will notify the West Glens Falls Emergency Squad to respond directly to the First Aid Center.

When the racer has been safely cleared, the race will resume after the TD and Jury have determined it is safe to do so.

The West Glens Falls Emergency Squad is located two miles from West Mountain and contains ALS Personnel and equipment. All injuries that need additional treatment will be transported to Glens Falls Hospital located 4.5 miles from West Mountain Ski Area.

Ski Patrol Phone: 518-636-3699 ext. 312

Glens Falls Hospital, 100 Park Street, Glens Falls, NY 12801, 518-926-1000

Directions: Turn Right out of parking lot, then Left at stop sign on Corinth Rd. Proceed under I-87 underpass. Right at split onto Park St. Hospital will be on the right (follow signs to Emergency Room entrance).