

DOWNED RUNNER

PREVENTION

Follow Vehicle crew members should watch the runner for distress signs. When you see anything out of order, take immediate steps to prevent a medical emergency. Flights that take place mid-day are the most likely to have problems. Night time runners are more likely to suffer physical injuries such as cramped muscles, turned ankle & in some cases - frostbite.

- ❖ Look for rubber legs, staggering, color change, lack of communication.
- ❖ Make sure that the runner has been offered water to drink and spray..

STOP TO RENDER AID

In ALL cases when you have to stop to render aid or to dispatch an alternate runner:

1. Pull your vehicle to the extreme right of the roadway, as far off the pavement as possible.
2. Turn on your 4 way flashers. If possible, have a crewmember go to the rear of your vehicle and assist runners and other vehicles to pass safely.

POOPED OUT RUNNER

When a runner feels they can't go on, and they want to quit, stop and dispatch the alternate runner. Load the tired runner into your vehicle and make sure that they are given water to drink. If they are overheated, give them ice-bags or spray them. Watch them closely for signs of shock or heat exhaustion.

RUNNER IS DISPLAYING SIGNS OF EXHAUSTION

Slow them up or stop them. Make them drink water. Spray them down. If they don't recover within a few minutes, load them into your vehicle and dispatch your alternate runner.

- ❖ Continue to render aid in the vehicle.

RUNNER GOES DOWN AND OUT

Now you have a problem. Stop and render first aid to the runner. Dispatch your alternate - they will have to run unassisted until you can handle your emergency.

- ❖ Post a crewmember to the rear of your vehicle to act as traffic control.
- ❖ Ask the follow vehicle following you to watch your alternate runner.
- ❖ If the downed runner recovers sufficiently to get into the vehicle, load them up and drive to the closest stage for medical aid.

IF THE RUNNER IS UNCONSCIOUS OR COMBATIVE, YOU MUST GET PROFESSIONAL HELP ASAP.

- ❖ Use your FRS radio and inform the other Follow Vehicles that you have a medical emergency and you need an ambulance.
- ❖ Give them your approximate location. (x miles FROM stage A ~ or ~ x miles PAST stage B)
- ❖ The other FV's should relay messages to the closest Stage and ask for medical aid.
- ❖ If a FV with a Ham Operator hears the traffic, they can call the stage directly.