

Tour de Dirt Medical Checklist

1. PRE-RACE MEDICAL PLANNING

- Nearest hospital(s) identified
 - Driving directions printed and posted
 - Emergency response plan completed and shared with staff
 - Medical team contact list created
 - Local EMS notified of event date, time, and location
 - Air evacuation landing zone identified (if applicable)
 - Course access points for EMS mapped
 - Sweep rider(s) assigned and briefed
 - Lost rider protocol established
 - Heat/cold weather plan prepared
 - Communication plan finalized (radios, cell coverage, backups)
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2. MEDICAL PERSONNEL & EQUIPMENT

- On-site medical personnel confirmed (EMT/Paramedic/First Responder)
 - Medical tent location marked and communicated
 - AED on site and tested
 - First-aid kits stocked and distributed
 - Spine board and splinting materials available
 - Ice, water, and shade available
 - Emergency vehicle access route cleared
 - Radios charged and distributed to:
 - Race director
 - Course marshals
 - Sweep riders
 - Medical team
 - Timing crew
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3. COURSE SAFETY REVIEW

- Course pre-ridden by staff
- High-risk areas identified (rock gardens, steep descents, bridges, creek crossings)
- Marshals assigned to high-risk zones
- Course markings checked for clarity
- Hazard warnings placed (arrows, caution signs, tape)
- Feed zone location confirmed and communicated
- Start/finish area cleared and safe for spectators

4. RACE-DAY MEDICAL OPERATIONS

- Medical team briefed on:
 - Course layout
 - Access points
 - Radio channels
 - Emergency procedures
 - Medical tent staffed and stocked
 - Water stations operational
 - Weather monitored (heat index, storms, wind)
 - Incident log started (every medical interaction recorded)
 - Sweep riders begin after last category starts
 - Communication check performed with all staff
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5. EMERGENCY RESPONSE PROTOCOL

- Confirm who calls 911
 - Confirm who meets EMS at access point
 - Confirm who pauses or stops the race if needed
 - Confirm who communicates with timing and announcer
 - Confirm who documents the incident
 - Confirm who notifies TdD leadership (for series events)
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6. POST-RACE MEDICAL WRAP-UP

- Sweep riders confirm all racers accounted for
- Medical tent closed only after final sweep
- Incident log completed and saved
- Any serious incidents reported to TdD leadership
- Debrief with medical team
- Notes recorded for next year's improvements