

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)

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

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

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)

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