

Pen Llyn Ultra Marshals Response Support Training



When to call 999 **BEFORE** Race Director

Medical emergencies – where there is an immediate threat to life....

Big sick

- Cardiac arrest
- Anaphylaxis
- Fitting/seizure
- Lots of blood loss from a big wound

Information to give to Emergency Services

- Location with postcode
- Access issues
- Your details
- What is happening
- Runners details

How you can help us...

Keep an eye on runners, especially later in the day...

Are they:

- Eating/drinking?
- Stumbling/unable to coordinate themselves?
- Getting aggressive or very quiet?

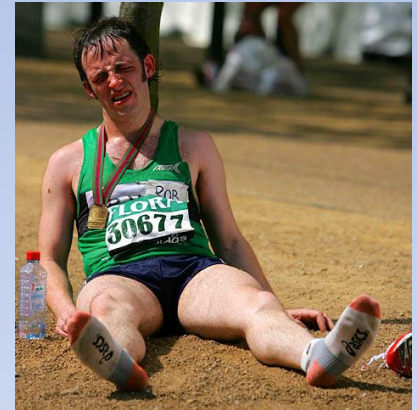


If you are concerned about someone's welfare contact the Race Director with runner's info.

Medical Issues in Endurance Events

In any endurance event the main medical issues that occur are:

- Hypothermia – **too cold**
- Hyperthermia – **too hot**
- Hypoglycaemia – **low blood sugar**
- Hyponatremia – **low sodium level in blood**
- Hypovolemia – **low blood volume – big bleed**



ALL of these can be FATAL if not dealt with in time....

This is where you can be our ears and eyes on the course.

Hypothermia - Recognition

- Core body temp drops below 35°C – body begins to slow and shut down major processes
- Mild = feeling cold, pale, shivering, low energy, moving slowly, blueish extremities
- Moderate = the ‘umbles’ – stumble, mumble, fumble, tumble, confusion, loss of judgement, not able to look after themselves properly, irritable
- Severe = loss of control of hands, feet and limbs, uncontrollable shivering suddenly stops, shallow breathing, weak irregular pulse, cyanosis (blue)



Hypothermia – Treatment

- Keep warm and encourage eating
- Call RD, explain concerns and give runner's details
- Event Medical Team will advise

Hypoglycaemia - Recognition

Low blood sugar – begins to affect the brain

- Pale and sweating
- Dizziness / loss of coordination
- Confusion / irritability
- Trembling / shaky – may have palpitations
- Blurred vision
- Behaving like they are drunk! Potentially aggressive
- Loss of consciousness if not treated

Hypoglycaemia - Treatment

- Encourage them to eat!
- Call RD, explain concerns and give runner's details
- Event Medical team will advise



Hyponatremia - Recognition

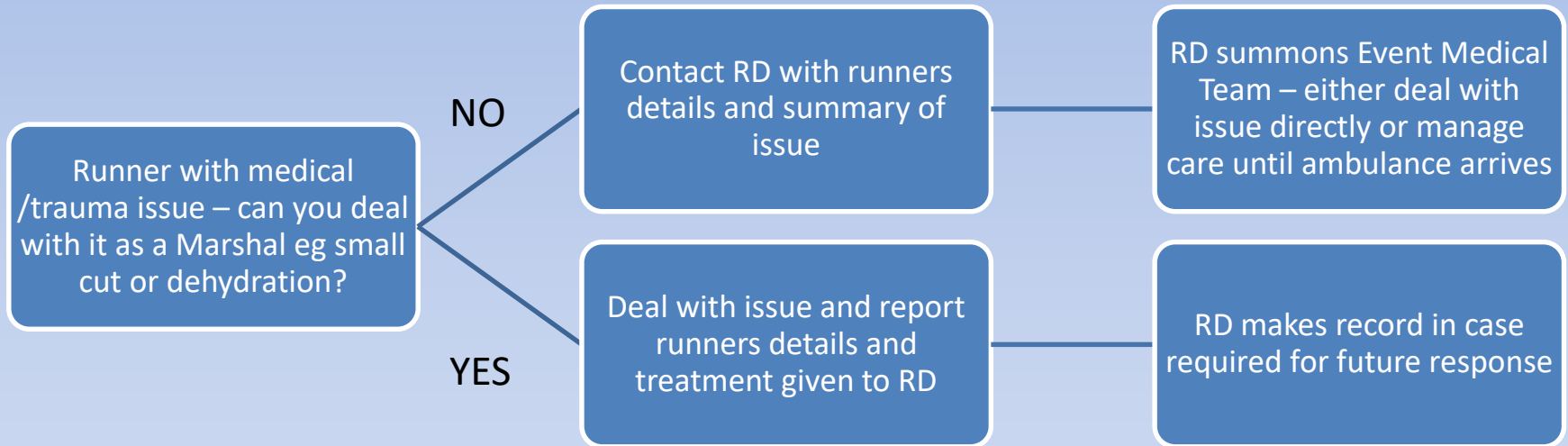
- Often occurs where people have been dehydrated leading up to event then overloaded with water on race day
- Diarrhoea - repeatedly
- Nausea and vomiting
- Severe swelling of hands and/or feet
- Severe muscle cramping



Hyponatremia - Treatment

- If someone is being sick and has diarrhoea STOP them from continuing.
- Call RD, explain concerns and give runner's details
- Event Medical Team will advise

Chain of Response



REMEMBER:

Any doubts report to RD and ask for support

Early intervention is CRITICAL

Have the CONFIDENCE to say STOP and explain why

We are here to support you and the runners!