

LABRADOR MOUNTAIN RACE MEDICAL GUIDELINES

The following safety guidelines and procedures shall be followed at all USSA & JI-JV events being held at Labrador Mountain

On hill coverage:

- One member of Labrador Mtn. Ski Patrol will be positioned at the top of the race hill at all times during a race, and one at the top of the triple chair. A toboggan loaded with a backboard and bag with neck brace, straps, blankets, and splints will be located at the start house. Additionally, a trauma kit containing oxygen and a femur splint will be located at the top of the Triple Chair at the Patrol building (only 150 ft away)
- The Labrador Mtn. Patrol has two first aid rooms located within 100-200 ft from the bottom, and the top of the race hills, all of which include a comprehensive supply of first aid equipment, splints, backboards, oxygen, access to AEDs and other medical supplies.

Communication:

- Communication between Labrador Mtn. Ski Patrol, Race Director, and Safety Director will monitor the same station at all times throughout the race.
- The Race Director, Safety Director, and Labrador Mtn. Ski Patrol will review all accidents at the end of the race and record as necessary.

Fallen Racer:

- When a skier is down, one member of the Ski Patrol team will evaluate the athlete and either call for the toboggan or assist the athlete in getting clear of the course. If needed they will order a Stop Start of racers.
- If a toboggan evacuation is necessary then the Ski Patrol will call (COH) for two new patrollers and a fully loaded toboggan to be taken to the top of the racecourse.
- At the time of initial evaluation of the downed athlete, the first responding patroller will alert Labrador Mtn. communication (with Race Director monitoring) if an ALS ambulance or Mercy Flight Life Flight helicopter evacuation is necessary. The following ALS ambulance with EMT personnel on board are available to Labrador Mtn.

Smith Ambulance: DeRuyter NY, 315-852-3393
Local Hospitals: Syracuse, Cortland, Ithaca

Mercy Flight Life Flight Is Available

It is the goal of Labrador Mtn. and the National Ski Patrol to provide the highest and most responsive level of emergency medical services available.