ARES role in the Georgia Publix Marathon 2017

Overview

Agenda

- Introductions

- 2016 Review

- 2016 Operational Overview

- Network Traffic

Special Guests

- Rich Kenah, Race Director ATC

- Lisa Tanner, Events Director ATC

- Dr. Lekshmi Kumar, Medical Director

- Sam Shartar, Medical Supervisor

- Rachel Barnhard, Emory EMS

Some History

	2017	2016	2014	2013	2012
Runners SAGed		16	13	17	n/a
Request to Pickup		00:08	00:07	00:08	00:13
Dispatch to Delivery		00:34	00:35	00:32	00:37
Operators	53	48	41	45	n/a

2017

- Different
  - Medical Cell Number
  - Frequencies
  - More Shadows
  - More Motorcycles
  - More Digital
- Same
  - Routes: ½ Marathon and Full Marathon
  - Radio Protocols
  - 6 SAGs, 19 Aid Stations, 5 Motorcycles

2017 By the Numbers

Full Marathon Runners	2050
Half Marathon Runners	6000 conf; 7000 est.
Be Healthy Georgia	340+
Be Healthy Dash	200+
Wheelchairs	25 Chairs; 100 Support (1 Full, rest Half)
Time Limit	06:30

2017 Setup Timeline

| Saturday	SAG radios set up; Motorcycles get Med kits from ATC HQ 201 Armour Dr
All night	ATC Staff setting up
0500	Net Control set-up begins
0500	Shadows meet their ATC Staff
0530	All vehicle operators (SAG, Pace) meet at ATC HQ 201 Armour Dr, Atlanta GA
0530	Net Control officially on air
0600	All other stations on air

2017 Event Timeline

0600	All stations on air
0650	Wheel Chairs start
0700	Runners start (12 minutes to cross start)
+/- 0830	First Runner finishes (½ Marathoner)
0845	Half Marathon Awards Ceremony
1000	Be Healthy runs begin in COP
1030	Full Marathon Awards Ceremony
1400	All stations secured

Centennial Olympic Park (COP)

Stations
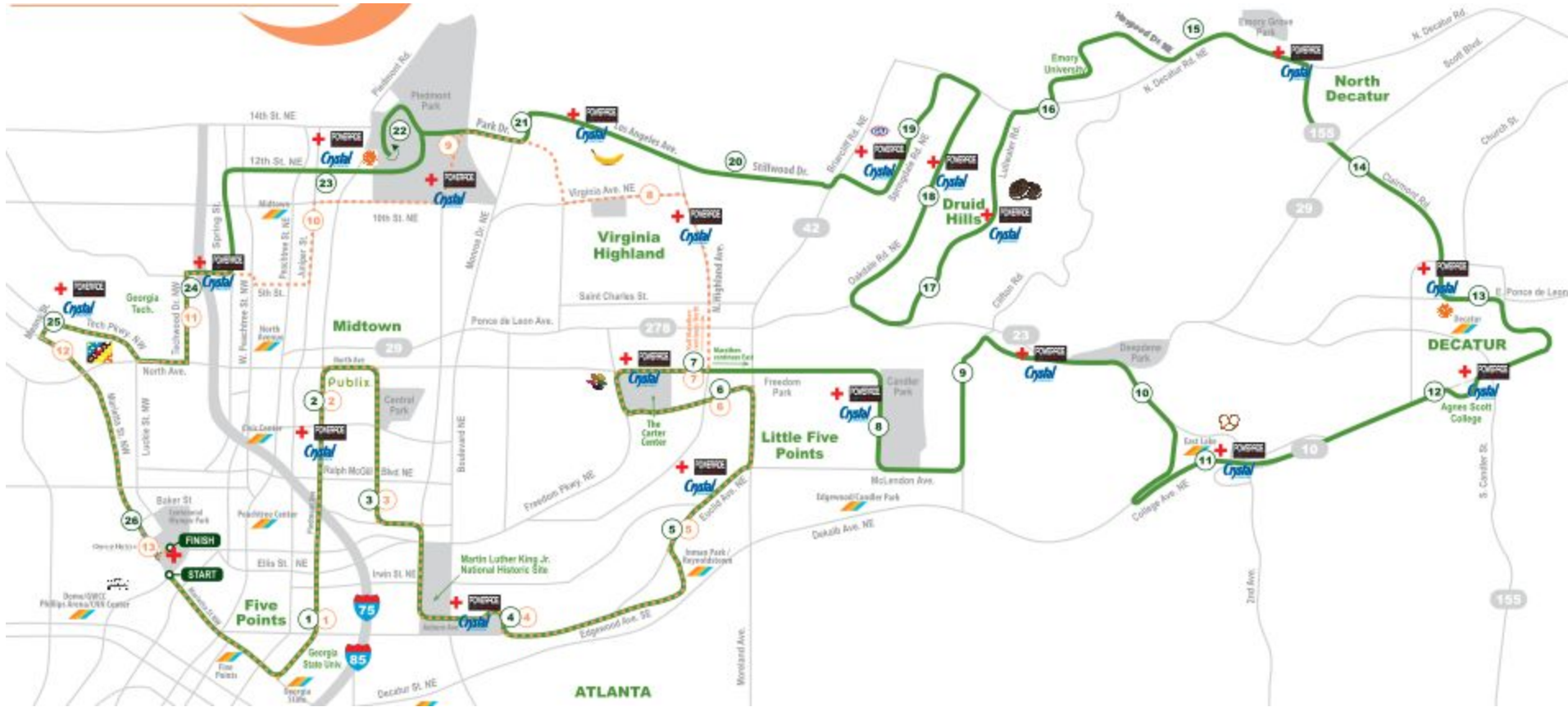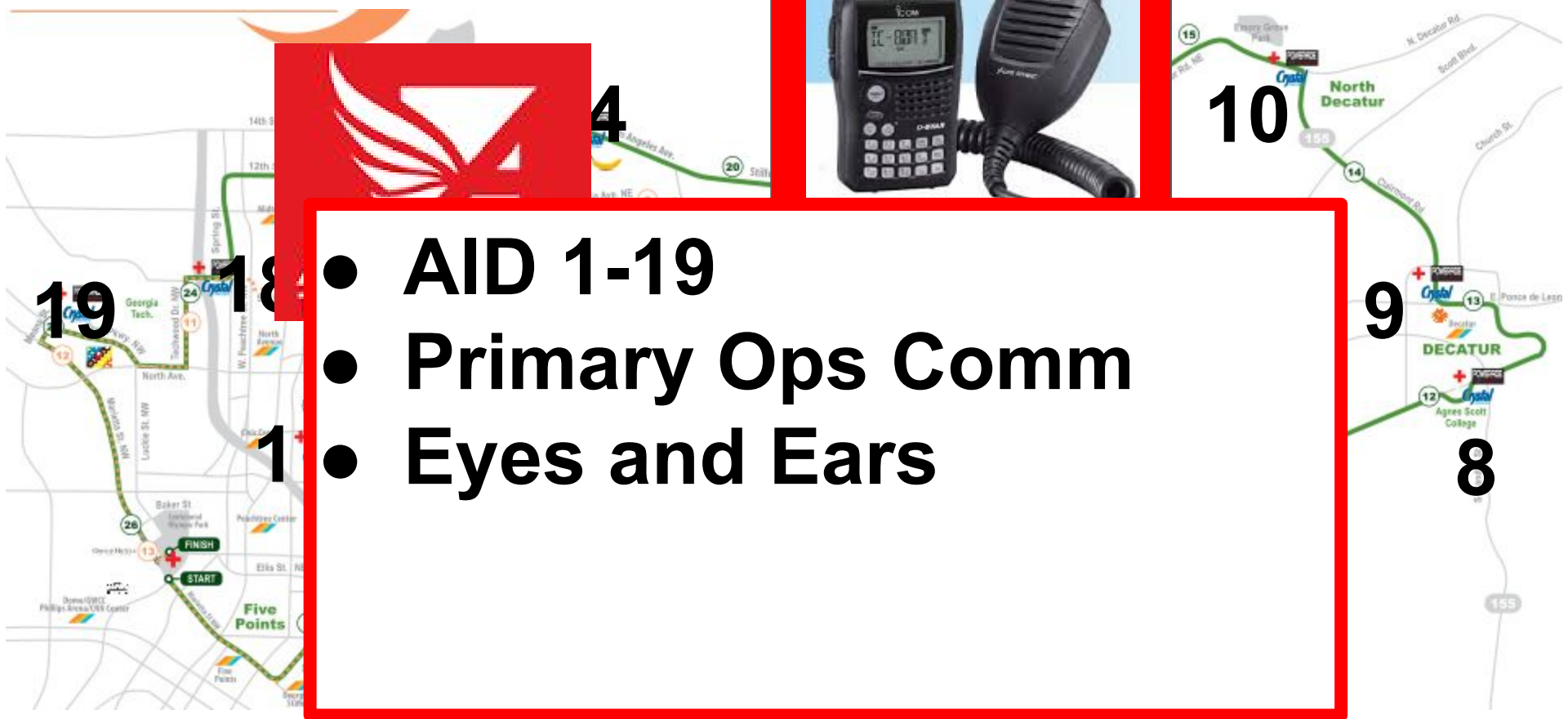
Aid Stations

Aid Stations

Aid Stations

- **AID 1-19**
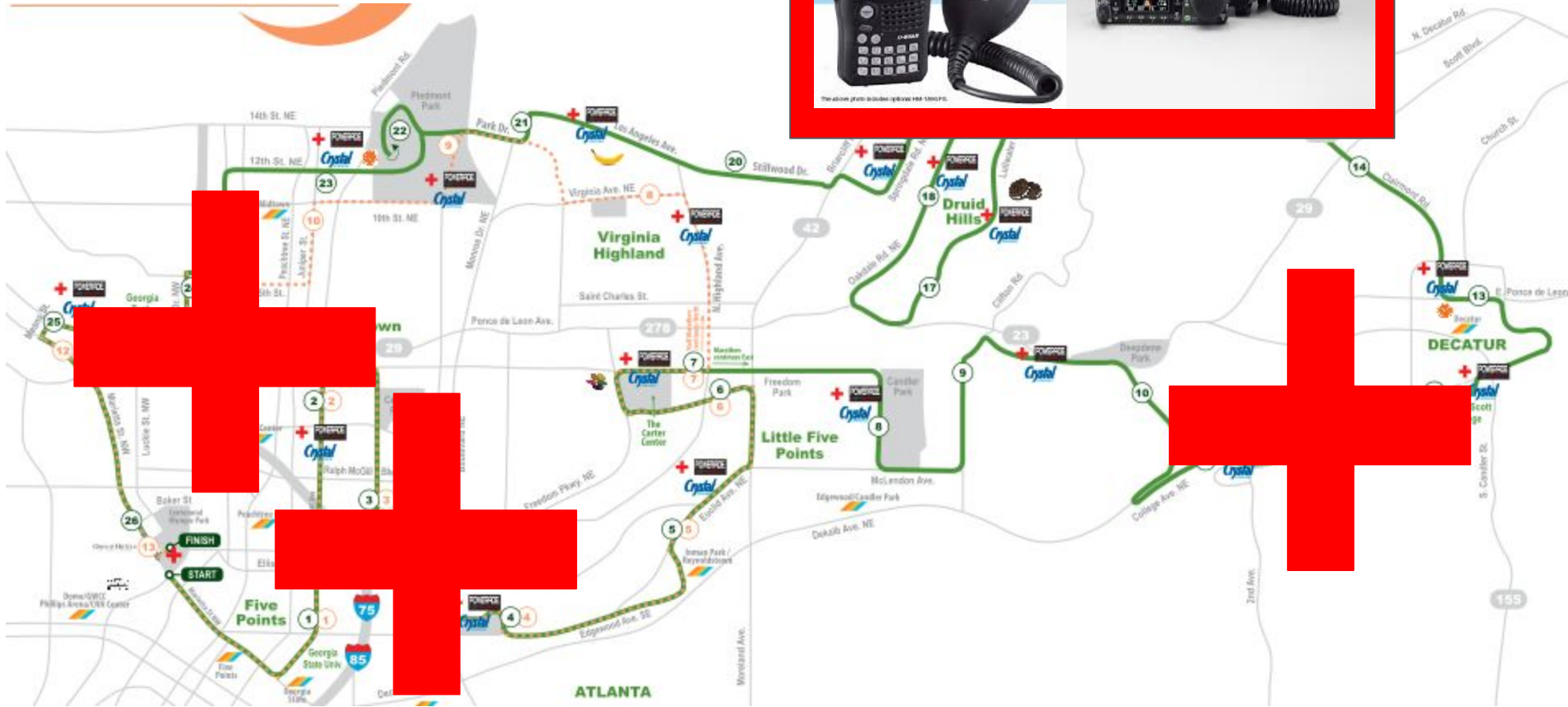- **Primary Ops Comm**
- **Eyes and Ears**

SAG

- **SAG 1-6**
- **10 min to pick-up**
- **40 min to delivery**
- **Help them find you**
- **Special Wheelchair SAG**

Motorcycles

- **MIKE 1-5**
- **Very mobile**
- **Pin down runners**
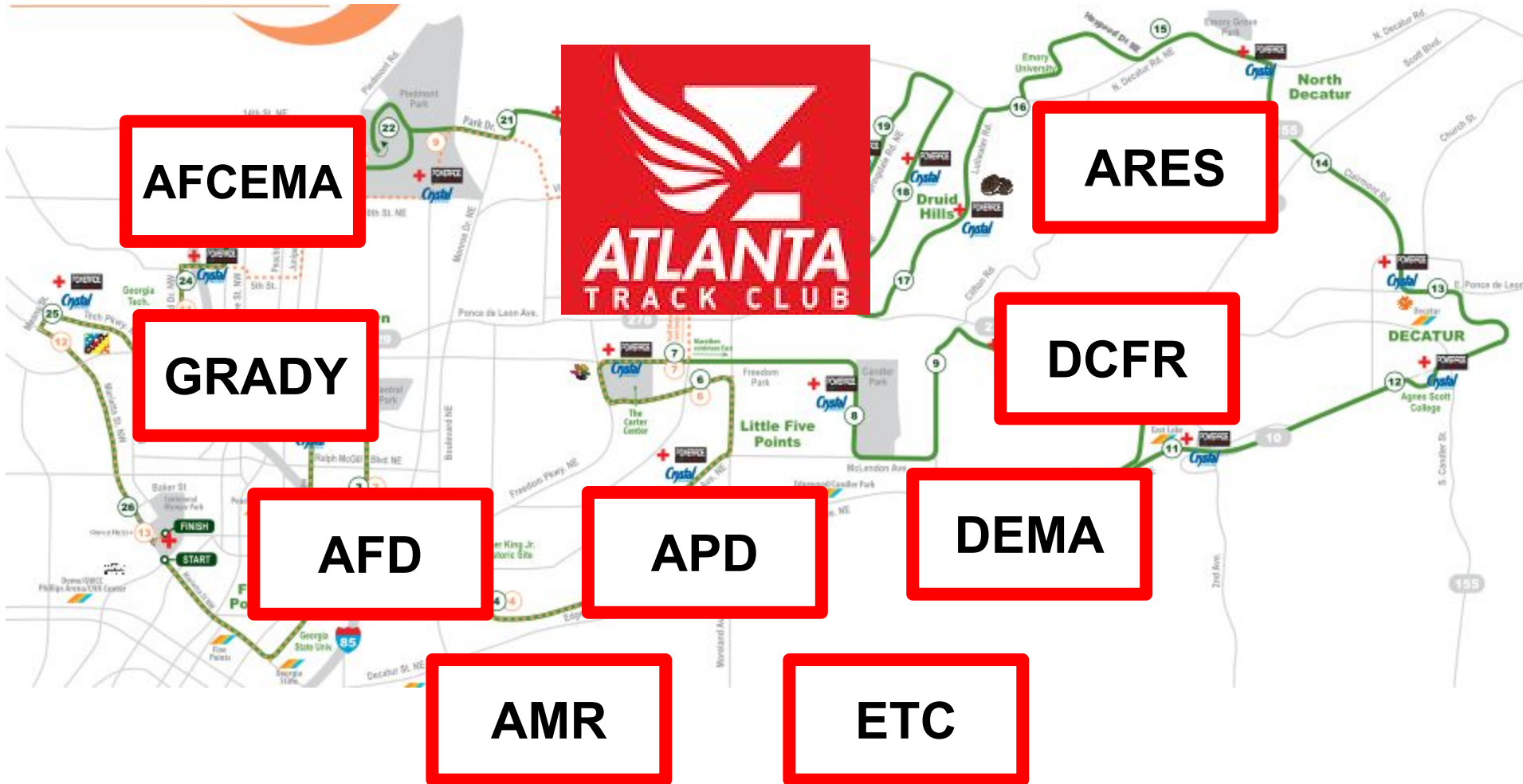- **Patrol between stations**

Med Tents

Med Tents

- **Backup WebEOC**
- **Escort Staff**
- **Alert to arriving SAGs**

Shadows

Net Control

Weather

WED MAR 15	⛅	Mostly Sunny	44°/26°	10%
THU MAR 16	☀️	Sunny	55°/34°	0%
FRI MAR 17	🌤️	Partly Cloudy	61°/47°	10%
SAT MAR 18	🌧️	AM Showers	63°/41°	60%
SUN MAR 19	☀️	Sunny	64°/42°	20%
MON MAR 20	☀️	Sunny	70°/48°	20%
TUE MAR 21	🌤️	Mostly Sunny	77°/52°	10%

Medical: Request Medical Assistance when ill...

- ANY LOSS OF CONSCIOUSNESS
- Fainting, SEIZURE
- DIFFICULTY IN BREATHING, shortness of breath (especially if unrelieved by resting)
- Complaint of CHEST PAIN
- Confusion or erratic behavior
- Collapses or may fall repeatedly while running (unable to stay standing)
- Unable to answer questions properly or at all
- Acting "sleepy" (lethargy) or having difficulty keeping focused on what you are saying
- Excess sweating or NO sweating
- Muscle stiffness or achiness – especially if it is severe
- Nausea &/or vomiting
- Complaint of abdominal pain

Medical: Request Medical Assistance when injured...

- MAJOR BLEEDING
- Anyone who suffers MAJOR TRAUMA (like getting hit by auto, severe fall, etc.)
- HEAD injury
- Bone sticking out = fracture
- Arm or leg that is "angulated" or otherwise deformed
- Loss of feeling or movement below injury site

Medical: Request a SAG when...

- Swelling, redness, pain on arm or leg (example – twisted ankle): SAG Wagon if runner is able!
- Tired or fatigued but none of the above signs of illness or injury
- Does not want to run anymore!
- Bloody or sore nipples or other chafing/chapping/etc.: asking for Vaseline &/or BandAids
- Scrapes, small cuts, small blisters: asking for a BandAid
- Looking for a bathroom

Key Time-points

- Before this meeting
- Before the day of the event
- Days before the event
- The morning of the event
- Arriving at your station
- During the event
- When the Cone Truck arrives at your station
- After the event
- Exercises!

This weekend

- Download and read the documents at www.iCommandTools.com/marathon
- Program your radio(s) with all the frequencies
- Set the Transmit Timeout Timer on your HT to 1 minute so an accidental Open Mic won't take the net down!

Number your map
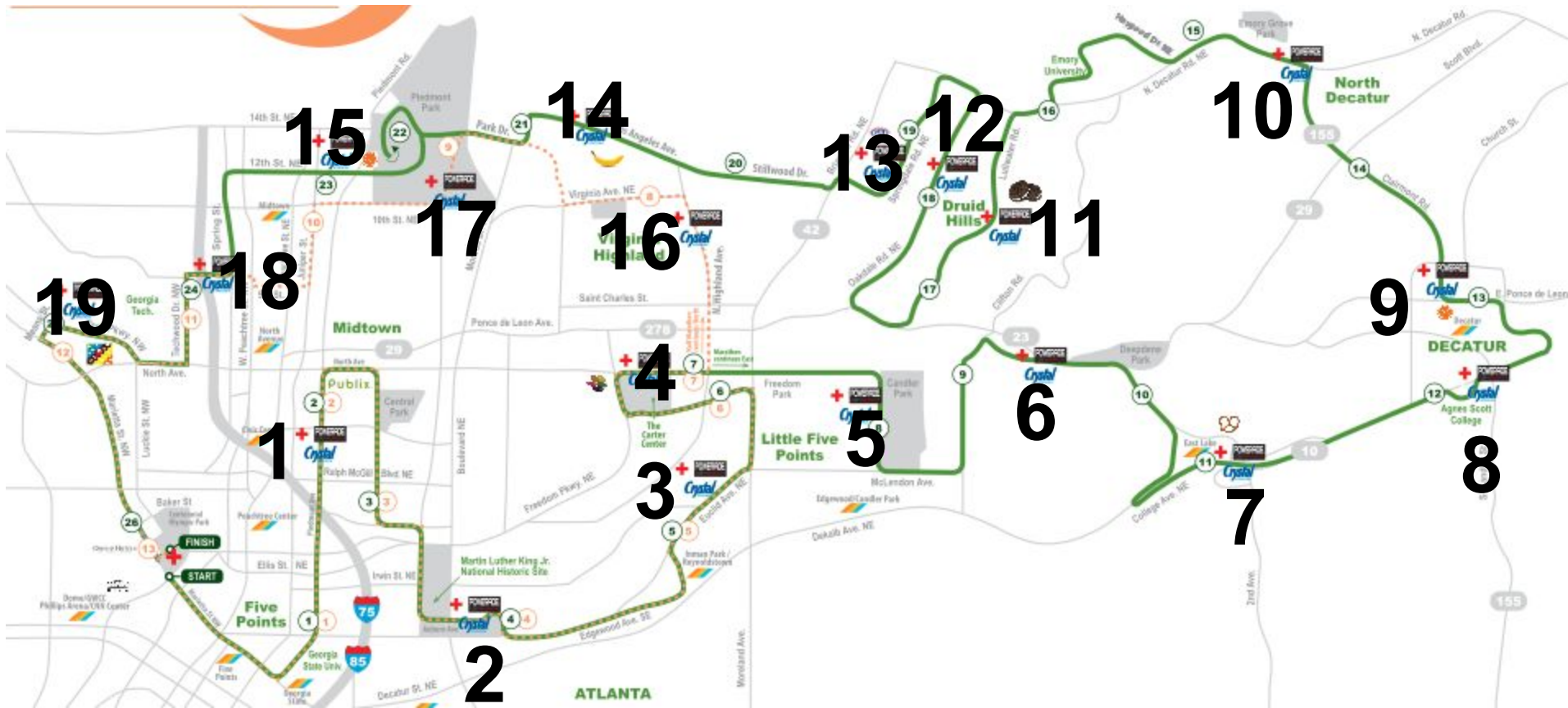
www.georgiamarathon.com

Days before the event

- Familiarize yourself with your assigned location, including determining where you will park
- Try your HT from your assigned station, if possible
- Download a map and NUMBER the Aid Stations; the numbers on the map correspond to mile markers, but we use sequential numbers for the aid stations

The Night Before

- Confirm you are prepared for the weather (the event is rain or shine!)
- Assemble your gear so it is ready to go
  - Include a Watch, pen, and the SAG Logs
- Set your alarm clock
- Consider packing a lunch
- Print the final Assignment Sheet

The Morning of the Event

- Tune to your assigned frequency
- You may check-in as soon as you're in radio range (i.e. while driving to your assignment)
- Keep morning radio chatter to a minimum
- Since you have to be on station so early because of the road closures, bring something to help pass the time as you wait for the race to progress (like the Sunday paper, or numbering your map)
- Consider bringing your packed lunch

Arriving at your Station

- Inform Net Control once you are physically at your location
- Introduce yourself to the station's race official
- Listen for Roll Call and any last minute changes

During the Event (Part I)

- This is a Directed Net; use Net Control to route all traffic
- Listen for important messages; don't change frequencies unless instructed
- Communicate station needs to Net Control
- If you hear someone announce "Priority", do not transmit anything *unless you yourself have an emergency situation*; wait for Net Control to announce that the net can resume normal traffic

During the Event (Part II)

- Pass normal messages for your Aid Station (i.e. "we are low on water") to Net Control
- Keep your Aid Station Captain informed of the progress of the racers so he can keep his team informed (i.e. when the race starts, when lead runners have passed the prior Aid Station, when the prior Aid Station has shut down, etc.)

Passing a message to Net Control

Race Net from Aid 25

...Go ahead Aid 25...

Net, we'll need more water at Aid 25 within the next 30 minutes, over.

...Roger Aid 25. Net copies you need more water in 30 minutes. I'll let you know when I have an ETA. KJ4ABC...

Aid 25 awaiting ETA. KJ4XYZ

Passing a message to another station

Race Net from Aid 27

...Go ahead Aid 27...

Net, I have a message for Aid 25

...Roger Aid 27. Go ahead with your traffic.

Aid 27 wants to advise Aid 25 that we are sending two cases of water by personal automobile to them.

...Roger Aid 27. Net copies you are sending two cases of water by personal auto to Aid 25. Aid 25 did you copy that traffic?

Aid 25 copies. KJ4XYZ

Net copies message received. KJ4ABC

Aid 27 copies. KJ4RST

To Summon a SAG Wagon (1 of 2)

1. Position the runners so that:
   a. They are safe
   b. You can visually monitor them
   c. They can easily be picked up by the SAG (i.e. we don't want to waste time having the runners walk across the race to get on the SAG when they could have been doing that while *waiting* for the SAG)
2. Complete the information on the "SAG Request Log", including gender, bib, if there are any injuries, your location, and the time the report is made. *It is our goal to have the runner on a van within 20 minutes of requesting the SAG*

To Summon a SAG Wagon (2 of 2)

3. Receive confirmation of the request from Net Control

4. Net Control will eventually give you an ETA; be patient, this may take several minutes

5. Monitor your radio closely; Net Control will advise you of any problems getting to you and will give you any last minute instructions (like if the SAG is coming from an unexpected direction and you should relocate the runners for pick-up)

6. Alert Net Control when you have eyes on the SAG

7. Inform Net Control of the bib numbers that were transferred to the SAG, or if the runner leaves on his own

8. Be prepared to go to Simplex if instructed to talk the SAG wagon to your exact location

To Summon Emergency Services (1 of 3)

For Life-Threatening Situations:

1. Radio YOUR Net Control and request an Ambulance.

2. Call the number on the Assignment Sheet so you will be connected to Medical personnel

3. Never leave a voicemail!

4. If you cannot reach anyone, call 911

1. Focus on clear communication. The most important help you can provide is to clearly communicate the nature of the emergency, your location, and any changes to the situation

2. Clearly and exactly identify your location

3. Announce "Priority" over the radio. Net Control will immediately clear the net for your traffic

4. Inform Net Control of your needs and location.

5. Be prepared to switch to the alternate net (i.e. Race 2) so that you have an non-congested net with the command post. however, DO NOT switch to the alternate net unless instructed by Net Control.

6. Monitor your radio closely

7. Your first priority is to communicate and operate your radio! Do not become an extra set of hands for the rescuers unless the victim's life depends on it *and there are no other options*

When the Cone Truck Arrives

- Inform Net Control the Cone Truck is at your location
- Await further instructions from Net Control

After the Event

- Know that your help is MUCH APPRECIATED!
- Offer suggestions for improvements by completing the after-event survey, which will be distributed soon after the event
- Sign up for other events: Christmas Parade, Tour de Cure, etc.

Exercises

- Partner with Neighbor
- First exercise one of you plays Net Control while the other plays the radio operator
- Net Control does NOT look at the projector
- The Radio Operator practices making the call
- Net Control responds as if Net Control
- Ready? (Net Controllers, turn around now!)

Exercise #1

- If you are an Aid Station operator, using your assigned station, request a SAG for a fictitious runner; make up the pertinent runner information
- If you are a Shadow, report a child you have found that has lost a parent
- If you are a SAG operator, request an Ambulance for a runner on board
- If you are Net Control, pass a message to an Aid Station

Exercise #1 Re-Cap

- Were addresses provided?
- Any Um's and Ah's?
- Any lessons learned?
- How did the operator do?
- How did Net Control do?
- Now switch roles for Exercise #2
- New Net Controls turn around and don't look at the projector!

Exercise #2

- If you are an Aid Station or SAG operator, you witness a car speed across the race line, running over several runners, spectators, and the police officer working traffic. Many are down and not moving.
- If you are a Shadow, you witness a lightening strike in a crowd of people. Many are down and not moving.
- If you are Net Control, move all SAGs to Race and all Race to SAGs

Exercise #2 Re-cap

- Lessons Learned?
- How did the Operator do?
  - Concise summary of event
  - Location
  - Requested Assistance
- How did Net Control do?
- Why we did this exercise