

Soldier Hollow Nordic Ski Patrol

Welcome to the Soldier Hollow Nordic Patrol web site. If you are reading this, you are probably a patrol member who is looking for information about the upcoming Soldier Hollow events. We decided to put this information on this web site instead of generating a printed manual, so we can update information periodically. Please access the main web site menu for general information to familiarize yourself with the venue layout and general information. The following information is applicable to the 2001 U.S. Nordic Ski Festival, January 8 – 22, but most of it applies to all of the 2001 races. Please feel free to send your suggestions for additions or improvements to Ann(ann@ebp.com), Diane(j.werner@mindspring.com) or Kevin(KJoh464094@aol.com). We are looking forward to seeing most of you in January, and are excited with the progress of this brand new patrol.

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General Information

The Soldier Hollow Ski Patrol is being organized to provide medical coverage for the athlete's field of play (course and finish line) for the Salt Lake Organizing Committee test events at Soldier Hollow, and for the 2002 Winter Olympic competitions at Soldier Hollow. The goal of the 2001 races is to have all patrollers prepared to work during the Olympic Games by the

end of this season. It is your responsibility to use your time at Soldier Hollow this season to understand patroller protocols, become familiar and comfortable with the equipment, and to learn the venue lay-out. Although we describe ourselves as a nordic patrol, we are for the most part snowmobile based due to the terrain we need to access. In general, on race days, each patroller will be assigned a radio, and patrollers will be assigned to specific stations on the course in pairs. Each pair will take out a snowmobile with an equipped toboggan to their designated site. Each patroller will also have a stocked patroller vest. Not every patroller is required to ski, but it will be desirable to have some patrollers who can ski in order to access downed racers in spots remote from the toboggan parking spot.

Accreditation

All volunteers will receive an accreditation for access to their assigned work area. Accreditation may be picked up at the volunteer check-in area in the basement of the day lodge. Please check in at the volunteer check-in area before coming to the ski patrol trailer. Please leave extra time to do this on your first day of an event prior to your designated patrol arrival time. You will need a photo I.D. (driver's license) for your accreditation. Medical volunteers are provided access to the athlete area and the public areas. You will not have access to the media or VIP areas. There will be security staff at appropriate areas of the venue that will ensure you do not enter an area for which you do not have access.

Attire

Professionalism in attire is expected. You will be issued a stocked red ski patrol vest(see list below). If you have your own ski patrol vest or fanny pack you are welcome to use it. Volunteers who received event apparel (red jackets from Senior Nationals) are expected to wear the apparel while on duty at the venue. Patrollers should come prepared to ski around the track, however only nordic gear is allowed in the set track – no wide telemark skis are to be used on the track. Volunteers should be prepared to brave below zero degree conditions outside for several hours, and come appropriately attired.

Food

Lunch will be provided for all volunteers for race days and training days. Note however, that on days with multiple events, you may need to pick up lunch and eat it out at your patrol station. We strongly recommend having a thermos with a hot beverage to take with you on the course.

Radios

Each patroller will be issued a radio at the ski patrol trailer. The leader of the day will check out the radios as a group and hand them out at the pre-race patrol meeting. Please do NOT take a radio when you check in at the volunteer check in area. Medical will be assigned a designated channel. Please keep your radio on this one channel at all times. Lets try to keep chit-chat at a minimum, as all medical personnel will be tuned into this channel. However, we want to know early about any concerns that you might have concerning athletes in the field of play. Whenever you talk on the radio, please first identify the person's name that you are calling so that you can get their attention, then identify yourself and your station. When you arrive at your station prior to a race, check in by radio with the finish area team (generally Kevin, Ann or Diane). BE SURE to turn in your radio to the leader of the day at the end of your shift.

Chain of Command

Kevin Johnson is the Soldier Hollow Nordic Patrol director. Diane Ruschke MD and Ann Page MD are the medical control physicians responsible for the Ski Patrol. Collin Grissom MD is the venue medical coordinator and Doug Murdock MD is his assistant. John Finoff MD is in charge of the athlete medical clinic. Each day a patrol leader of the day will be assigned to coordinate all patrol activities. On race days either Ann or Diane will be available at the finish area, and all patient interactions should be discussed with them by radio after primary assessment. On training days, it may be one of the other doctors who will be available for consultation about patient interactions. Please contact the finish line physician if you have any questions.

Many teams will have their own medical personnel with them. Please do all you can to assist them in caring for their athletes. Please follow standard OEC protocols when assessing an injured athlete who has a team physician present. If there are any concerns regarding care being rendered, please contact the finish area physician by radio for further guidance.

Course Etiquette

An athlete that is assisted in any way during the race will be disqualified from the race. This includes helping an athlete up after a fall, untangling skis, or providing equipment. Therefore, it is essential as per OEC protocol to obtain permission from the patient prior to initiating treatment. If the patient is incompetent to make decisions, as with altered level of consciousness, you must use your best judgement and act in the patient's best interest. Please discuss with finish line medical contact person if for any questions.

Once the race has begun, there is to be NO movement on the track. If you must enter the track to assist an injured athlete, stay to the side of the track, move in the direction of the traffic, and be very sure to look for oncoming skiers at all times. Try to keep the track free of mud and boot prints. Remember man made snow is very hard and slick, so watch your step.

The stadium area is manned by a stadium crew. Patrollers working in the finish area should not come on to the field of play to assist athletes unless summoned by stadium personnel.

Ski Patrol Protocols

In general, we will be following all OEC guidelines, however a few course specific points need to be emphasized. 1) Remember the athletes are sweaty and dressed in thin lycra. They cool off extremely quickly once they stop moving. KEEP THEM WARM. 2) Patrollers will work in pairs. If an athlete appears to be in need of assistance away from the station, only one patroller will respond to ascertain if an assistance is needed. Assuming the athlete desires assistance, an assessment will be made and reported by radio to determine the next best course of action. 3) It is desirable to not be moving snowmobiles and toboggans during a race unless you can do so off the track. Therefore, assess, stabilize and treat, while keeping patient warm, until all racers have passed your station. If there is any question about the need for immediate transport during the race, contact the finish area team.

Transport routes will vary depending on race course used and snow levels. These will be discussed in the morning patrol briefings.

Supplies and Equipment

Supplies and equipment for medical care *and patrolling* will be provided. *See patroller equipment list. If there is something a patroller would like to bring in addition to the equipment provided, feel free to add it to your pack.*

Patrol Vest Equipment

1. 2- pr. P2 rubber gloves
2. 1- pocket resuscitation mask
3. 1- spare one-way valve
4. 1- naso-pharyngeal airway(28 or 32)
5. 1- tube saline-based lubricant
6. 2- chemical heat packs
7. 1- space blanket
8. 1- thinsolite pad
9. 1- pr. Trauma scissors
10. 2- tongue blades
11. 1- large triangular bandages
12. 3- safety pins
13. 1- biohazard bag
14. 1- roll 4" Kerlex
15. 1- roll 2" Kerlex
16. 1- roll 2" cloth tape
17. 1- cold weather pen
18. 1- patient contact form
19. 1- course map de jour
20. 2- alcohol prep pads
21. 2- povidone-iodine prep pads
22. 2- 4x4 sterile dressings
23. 2- 5x9 sterile dressings
24. 6- bandaids
25. 1- zip lock baggie
26. bacitracin ointment
27. "convenience bag" (barf) bag
28. glucose gel tube (glucose)

O2 Pack

Check Tank - crack valve - check that it is full and no leak
Close valve and bleed regulator to relieve pressure

Equipment:

Airways(set nasal and oral) and suction(outer pocket, smaller)

3 adult cannulas

1 peds cannula

2 non-rebreather masks
Upper outer pocket - pocket mask
Large outer pocket - Adult bag/valve/mask x 2, 1 mask

Trauma Pack

Outer pocket:

Clipboard with EMS report/plastic with pen
Emergency blanket
Splint Padding
Trauma dressings x 2

Front(outer pocket side) - dressings

4 triangular bandages with safety pins
ABD's x 4
Gloves, 1 sterile, 5 non-sterile
scissors
4 inch kerlix x 3
4x4's x 3
Ziplock – bandaids, burn-free gel, betadine wipes, polysporin
Scoop, biohazard bags

Behind Front Pocket – Cardboard and zip locks

Outer center – also dressings

6 inch ace x 4
4 inch ace x 2
3 inch ace x 2
2 eye pads
Tape - 2 x 2 inch
Metal Eye Shield
Eye Wash

Inner Center

Bite block
Pen light
space blanket
warm packs x 7 small and 3 large
tongue blades x 2
cotton tipped swabs x 2

Inner

Blue Pocket

Kendrick traction splint

Orange Pocket

2 SAMs
2 x 2 inch coban

Yellow Pocket

Stethoscope, BP cuff
Zip lock with Albuterol with spacer, NTG

Toboggans

Trauma Pack
Oxygen Pack
Backboard

- C-collar
- Spider straps
- Neck rolls
- Blue toboggan ensolite pad
- Sleeping bag
- Small flags
- Caution tape
- Yellow waterproof tarp
- Blanket

Snowmobiles

Snowmobiles are generally stored in the maintenance shed next to the ski patrol trailer. Each race and training day the patrol will be assigned snowmobiles out of the fleet at Soldier Hollow. The maintenance department at Soldier Hollow is responsible for keeping the snowmobiles maintained and gassed. The Patrol leader of the day will be responsible for coordinating with maintenance to get access to our assigned vehicles. We would like to have specific patrollers who generally drive the 'biles. These should be patrollers who have had a lot of snowmobile experience and who are familiar with the course layout and access routes at Soldier Hollow. There may be some specific snowmobile training required, but at this point we have not been given specific direction about this.

Race and Training Day Timetables

Race Days

When driving into Soldier Hollow, keep to the right up the hill and follow signs to volunteer parking area. Check in at the volunteer check in area in the basement of the day lodge, and then proceed to the ski patrol trailer. It is in the second row from the bottom in the group of trailers just up from the volunteer parking lot, just north of the athlete's medical clinic. (see maps under main web site)

2 hours prior to race:

You should be at the ski patrol trailer by this time. PLEASE BE PROMPT. We will use the first hour to get our equipment together and use check-off lists to inventory the toboggans, O2 and trauma packs. We also need to assign radios.

1 hour prior to the race:

The group will hold a brief meeting to go over course maps, station locations, and review protocols and access routes.

45 minutes prior to race:

We will go out to our positions, as we should be in place at least 30 minutes prior to the start of the race.

Post-race:

Patrollers will return all equipment to the patrol trailer, air out any wet equipment and restock. We will debrief, and hopefully will have time for some training, including reviewing equipment issues, discussing access routes and evacuation plans among other things. Please make time while you are at Soldier Hollow to ski the courses. One of our most challenging goals is thorough knowledge of this complicated trail system.

Training Days:

Please come one hour prior to official training so we can get equipment ready. On training days we will generally have one equipped toboggan with snowmobile ready for use and parked in the stadium area. Patrollers are free to ski the course with a patrol vest and radio, so they can respond if needed.

Language Issues

The January races will host athletes from all over the world, including many of the same athletes that will return for the Olympics. We have not heard of any official position yet on how to deal with potential language problems. We have ordered some simple medical language dictionaries, and hopefully will have one on each toboggan. We also have several patrollers with expertise in languages, and could interpret for you by radio. We will update you on this issue as it develops.

Lodging

Our understanding is that all motel rooms in the Heber and Midway areas are filled for the January race dates. There are some opportunities for in-home stays in the Heber area – please contact Kevin if you haven't already if you are interested in this option. Some of the Salt Lake area patrollers also have extra rooms available. The commute from Salt Lake to Soldier Hollow is approximately an hour if the weather is decent.

Media Interaction



entality is of utmost concern. As a medical volunteer or a
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oached by any media regarding an athletes injury or illness
response. Please refer all media attention to the Venue Med
uld any medical volunteer respond to the media regard



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