



**Peninsula Coop Volunteer Crew
Training Package 2023**

Saturday, October 7, 2023



Thank you for volunteering!

FREQUENTLY ASKED QUESTIONS FROM PARTICIPANTS

START TIMES AND LOCATIONS

Saturday, October 7, 2023

- 9:00 am - 5K starts at Willows Beach Park and Esplanade in Oak Bay
- 10:15 am - Thrifty Foods Kids Run at Willows Beach Park and Esplanade in Oak Bay

FINISH LINE

The Thrifty Foods Kids Run and 5K start and finish on the Esplanade by Willows Park in Oak Bay on Saturday, October 7th.

BIB COLOURS

- Thrifty Foods Kids Run - Green
- 5K - Navy Blue

PACKAGE PICKUP

- Friday, October 6, 2023 5K and Thrifty Foods Kids Run: Package pickup from 11:00 am - 6:00 pm - Crystal Garden Conference Center
- Saturday, October 7, 2023 5K: Package pickup from 7:30 am - 8:30 am - Willows Beach Park. (Pre-registered Participants ONLY)
- Saturday, October 7, 2023 Thrifty Foods Kids Run: Package pickup from 7:30 am - 10:00 am - Willows Beach Park (Pre-registered Participants ONLY)

PORTABLE TOILETS

They are located beside the playground and in the parking lot beside Kiwanis Pavilion/Tea House.

THRIFTY FOODS RECOVERY ZONE (POST RACE FOOD) – For Participants ONLY

Will be located on the grass in Willows Park.

MEDICAL (for more detail, see in-depth medical information at the end of this document)

St. Johns Ambulance will be present at the Start/Finish on the Esplanade.

TIMING DEVICES (5K Only)

- The timing tag will be affixed to the back of the race number.
- Wear the number on the front and keep visible, do not crumple the number.
- Lose or Forget Your Race Number Before the Race - There will be a limited number of replacement numbers available at Package Pick Up on race morning at Willows Beach Park.

DISTANCE MARKERS

Every kilometre along the course will be marked with signage (1km, 2km, 3km, 4km)

FINISH CHUTE

On Esplanade in Oak Bay at Willows Beach Park.

RACE RESULTS / AWARDS

Awards for the top 3 male and top 3 female 5K finishers will be awarded at the finish line. 5K/Thrifty Foods Kids Run finishers will receive a medal as soon as they cross the finish line.

5K Results will be listed on the website <https://www.runvictoriamarathon.com/results> and will be live from the start of the race.

RACE PHOTOGRAPHS

MarathonPhoto is the official participant photographer. Photography teams will be stationed along the course and at the finish line to capture your accomplishment. Post-race photo opportunity is available at the end of the Finish Chute. Be sure to wear your race number on the front where it is visible, which will allow MarathonPhoto to deliver your race pictures directly to you immediately after the event.



1K Thrifty Foods Kids Run

Saturday October 7, 2023

Main Start: Willows Park @ 10:15am

-  Package Pickup
-  First Aid
-  Washrooms
-  Recovery Zone

THRIFTY FOODS
Eat happy 


KidSport
GREATER VICTORIA



ROYAL VICTORIA MARATHON LOST CHILD / LOST PERSON POLICY AND PROCEDURES

SCOPE OF DOCUMENT: To provide race volunteers and officials with procedures to ensure the effective and consistent handling of lost children and missing person incidents. The top priority is consideration for the safety of children and reuniting children and family.

ALL MISSING OR FOUND CHILDREN must be reported to the Police by:

1. Direct contact with the nearest Police Officer if available. Police will be on site at the event.
2. Emergency 9-1-1

Other missing person incidents should be reported to the KidSport Tent located on the grass at Willow's Park or to the Police if urgent, such as:

1. Individuals (either participants or spectators) where there may be some concern for their health or condition
2. Overdue runners or family members separated in the crowd

PROCEDURES FOR REPORTING AN INCIDENT:

- On the Race Route, make the call yourself, OR if you are near a radio operator or first aid post, have them assist you
- In the Finish Zone, advise the nearest Police Officer, or Race Official
- Provide the following information:
 1. Name of lost or found person, gender, age, description including clothing, height, weight, health issues, location last seen or where found (precise as possible)
 2. Name of the parent or guardian
 3. Call back number if one is available
 4. Runner bib number if available
- STAY WHERE YOU ARE once you have made a report, so we can find you. A missing child will likely be found in the vicinity where the report was made. Keep the reporting person or found person with you. Don't lose them too.
- Do NOT send the found person, especially children, anywhere alone.
- If the individual is distraught or upset, try to calm them and reassure them.
- You may be asked to escort the person to another location such as one of the Meeting Places. Keep your phone (or radio) on so you can be contacted.
- IMPORTANT: To ensure the safety of the children, it is essential the lost children officials are convinced that the right adult is matched with the right child.

THE MEETING PLACE FOR THE 5K and Thrifty Foods Kids Run is the KidSport Tent

INSTRUCTIONS FOR PARTICIPANTS

- If you or your child get separated or have any difficulties during the run, PLEASE STAY ON THE RACE ROUTE. Most often, the separated person is nearby. Also, if there is a follow-up by Police or Race Officials, they need to be able to find you.

- The finish area can be very congested - if you become separated from your parent, guardian, family or child, you can make a report to any Race Official, or the Communications Dispatch.

MEDICAL PRESENTATION

You can also watch our recorded medical presentation with Dr. Paddy McCluskey [HERE](#)

In an emergency, stay with the patient and call 9-1-1. If able, another person should radio or call Medical Dispatch. Making both calls at the same time allows for the quickest possible response.

Always obtain the bib number of any runner in distress and provide it to 9-1-1 and Medical Dispatch.

Non-emergency medical advice is available any time during the race from either of the Race Medical Directors, Dr. Paddy McCluskey and Dr. Vanessa Young by phone at the numbers above.

If a non-emergency response is required to assess or transport a runner, call Medical Dispatch or notify the radio operator if one is nearby. The Medical Dispatch Centre operated by Westcoast Amateur Radio Association coordinates responses.

MEDICAL - ADVANCED INFO

Protocol for Runners Needing Assistance on the Course

Four Types of Runners Needing Assistance

1. Transient Assistance

- Runner asks for help with blister, wardrobe malfunction, fluids
- They will be coherent, standing (or running)
- No obvious distress, other than the obvious (i.e., They are running the marathon.)
- Usually able to continue

ACTION

- Direct them to nearest location of help
 - i. Water station, first aid care, finish line medical tent etc.

2. Non Urgent Assistance

- May not be able to continue, but should still be coherent, standing
- Bad blisters (new shoes?)
- Vomiting (but able to continue)
- Fatigue/unable to continue
 - i. Not properly prepared
 - ii. Poor hydration (early)

ACTION

- Call Medical Dispatch at 250-483-0300 if transportation or medical assessment needed

- Provide comfort care as needed; fluids/shelter/food

3. Urgent Assistance

- Runner in distress
 - i. Weaving, reporting dizziness
 - ii. Lies down voluntarily
 - iii. Vomiting (and unable to continue)
 - iv. Bleeding/deformed limb after a fall

ACTION

- Ask runner to stop, lie them on the ground
 - i. Avoid moving any limb suspected of fracture
- Ensure they are warm, offer fluids if they can swallow
- Ask the radio operator to summon assistance or call Medical Dispatch directly if no radio operator is nearby. Make sure to provide the runner's bib number.
- If the radio operator is unavailable or if Medical Dispatch does not immediately answer the phone, calling 9-1-1 is appropriate for anyone that LOOKS SICK *because they should go to the hospital*

4. Life threatening condition

- Runner who "faints" (collapses) while running
- Any runner who loses consciousness for any reason
- Any runner reporting chest pain or trouble breathing that does not get better after stopping running
- Any runner who looks sick and is not responding appropriately to your questions
 - i. Better safe than sorry

ACTION

- Call 9-1-1 right away
 - i. Have another person radio or call Medical Dispatch at 250-483-0300 if possible
 - ii. These runners need to go immediately to the hospital, nowhere else
- Do not move any runner who collapses and may have hit their head
 - i. May have unstable neck/C-spine fracture
- Protect from elements
- Prepare for Ambulance arrival
 - i. May need to divert runners, alter course (slightly)

Why Do Runners Collapse?

1. Different reasons at different places in the race
2. At the finish line
 - a. Most common is Exercise induced collapse
 - i. Cessation of muscle "pump" of venous blood returning to heart, so transient loss of output to brain (first stop after the heart) and so runner collapses
 - b. Runner's Swoon

- i. They ran so hard that only collapse will recognize that effort or must be the only reason they did not achieve their goal
 - c. Dehydration
 - d. Hyponatremia—low blood sodium from too much water
 - e. Cardiac arrhythmia/arrest
 - f. Seizure
 - g. Hypoglycemia—low blood sugar
 - h. Respiratory compromise
3. Out on the course, the a. and b. are *not common*
4. *Out on the course, any collapse is more likely to be c – h*
 - a. These runners need medical attention regardless of what they tell you
 - b. The only question is whether it is truly collapse
 - i. One moment they were running, the next they were on the ground
 - ii. Fatigued runners may trip or decide to stop and lay down and that can be tougher to assess initially

Communicating Any Medical “Event” to the Media

1. Should only done by the Race Medical Directors
 - a. Paddy or Vanessa
2. Patient confidentiality needs to be respected
3. All the details may not be evident right away and an inaccurate portrayal by the press can have a long lasting impact on the event.