

Girls on the Run information
Saturday November 9, 2018
Ft. Tuthill; Cochise Ramada

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Introduction

The 5K Course is a 3.1 mile course around Ft. Tuthill. Cheer Teams and Water Stations will be placed along the course to cheer on the girls and 5K participants. Stations will be located at the Water Stations and in areas where the girls may be out of view. There WILL be a sweep and they are REQUIRED to be the last person. This makes it easy to know when the last girl has passed your station.

Bring extra batteries and an extra radio if you have them New licensees will probably bring theirs and be anxious to use them. We want to test all radios before the run. This is a good training environment so we are looking for as many new amateur operators as possible. They only have to concentrate on correct net procedures. However, we need experienced operators to train them on station.

Personnel should be prepared for cool weather. Heat symptoms will probably not be prevalent. We should watch for slipping on ice and other falls.

Unexploded ordnance

On Halloween 2017 a piece of unexploded ordnance was found at Ft. Tuthill. It was removed and exploded without incident. The trails used for the race have been used for this race in years past and people hike these trails with their dogs all the time. The ordnance was not found on these trails. We do not expect any incident from old ordnance.

If you should run across something unusual on the ground the rules are simple. Do not touch it. Call it in immediately. If we do not ask you to hold up the runners, make sure you block it and make the runners run around the object and remind them to stay on the trails.

You should NOT say you found ordnance over the air. Simply say, "Net Control, {tactical call}, I have a problem." This is kind of coded, but not really. You do have a problem. Using this "code" makes sure no one picks it up and panics.

Rules

1. No pets. Pets must remain in cars, but should be left at home. (People violate this rule all the time)

2. Emcom team will NOT provide first aid. Only call in any emergency. You ARE welcome to cheer the girls on.

(We may have some first responders who are trained in first aid. If you do provide first aid, just be aware that the Coconino Amateur Radio Club and the Amateur Radio Emergency Service is not responsible or liable for your actions. Any symptoms included in this package is to assist you in reporting, not for providing first aid.)

3. In the event of an emergency, once it is reported, we can keep people back away from the injured person except for family members.

4. Keep runners on the trail. Not only because of the rules, but for their own safety. If you see runners leaving the trail, call them back. Report if they do not respond, but do not chase them down.

Band Plan

1. Primary frequency will be via the 146.980 repeater, - 600 offset, 162.2 PL

2. Secondary frequency will be 146.980 simplex. (If repeater is down)

3. Parking area may want to use 146.480 simplex for internal communications.

Procedures

1. All traffic goes through Net Control.
2. During the radio check, we will use the RS component of RST code. Stations may commence check once on station.
3. Use Tactical Call sign and end report with call sign. For example:
“Net control, Station 2.”
“Station 2, this is Net Control.”
“Net Control, Station Two, Number two three dropped out. KY7XYZ.”
“Station Two, Net Control, Acknowledged. KG7YDJ.”
4. Leave at least two seconds between transmissions for an emergency break in.
5. Use the word EMERGENCY to call for emergency. When the word EMERGENCY is used over the net, all other conversations MUST cease except Net Control and the station calling for the emergency.
6. Remember that if you find suspected ordnance, call, “Net Control, {your tactical call}, I have a problem.” This lets Net Control know you found a suspicious item without causing undo panic.
7. If a station wants to contact another station, please ask Net Control permission first.

Stations:

Stations will be manned by at least one experienced operator. Trainees will be divided along the stations. The Alternate Net Control operator should be prepared to take Net Control in the event the primary Net Control operator cannot make it.

TACTICAL CALL	Assigned to	Notes	# of People
Net Control			1
Alternate Net Control			
Station 1			1
Station 2			1
Station 3			1
Station 4			1
Parking			2
		Total people needed.	7

Station Responsibilities

STATION 1: Station 1 will see runners twice so must remain on station until Sweep goes past twice. Report the first and second time Sweep passes.

STATION 2: Stations 2 & 3 are on the more difficult part of the course. Station 2 report when Sweep passes. After Sweep passes, proceed the same direction as Sweep. Provide emergency communications as necessary.

STATION 3: Report when Sweep passes. After Sweep passes, proceed the same direction as Sweep. Provide emergency communications as necessary.

STATION 4: Report when racers arrive. Report when Sweep passes.

At this point, Stations 2-4 can proceed to Parking to see if they need assistance.

PARKING: When Station 4 reports girls arrival and passing, watch for girls coming out of Adventure Course gate. Report when Sweep clears parking area.

Itinerary

9:00 a.m. - Emcom team should meet at Cochise Ramada for sign-in and briefing.

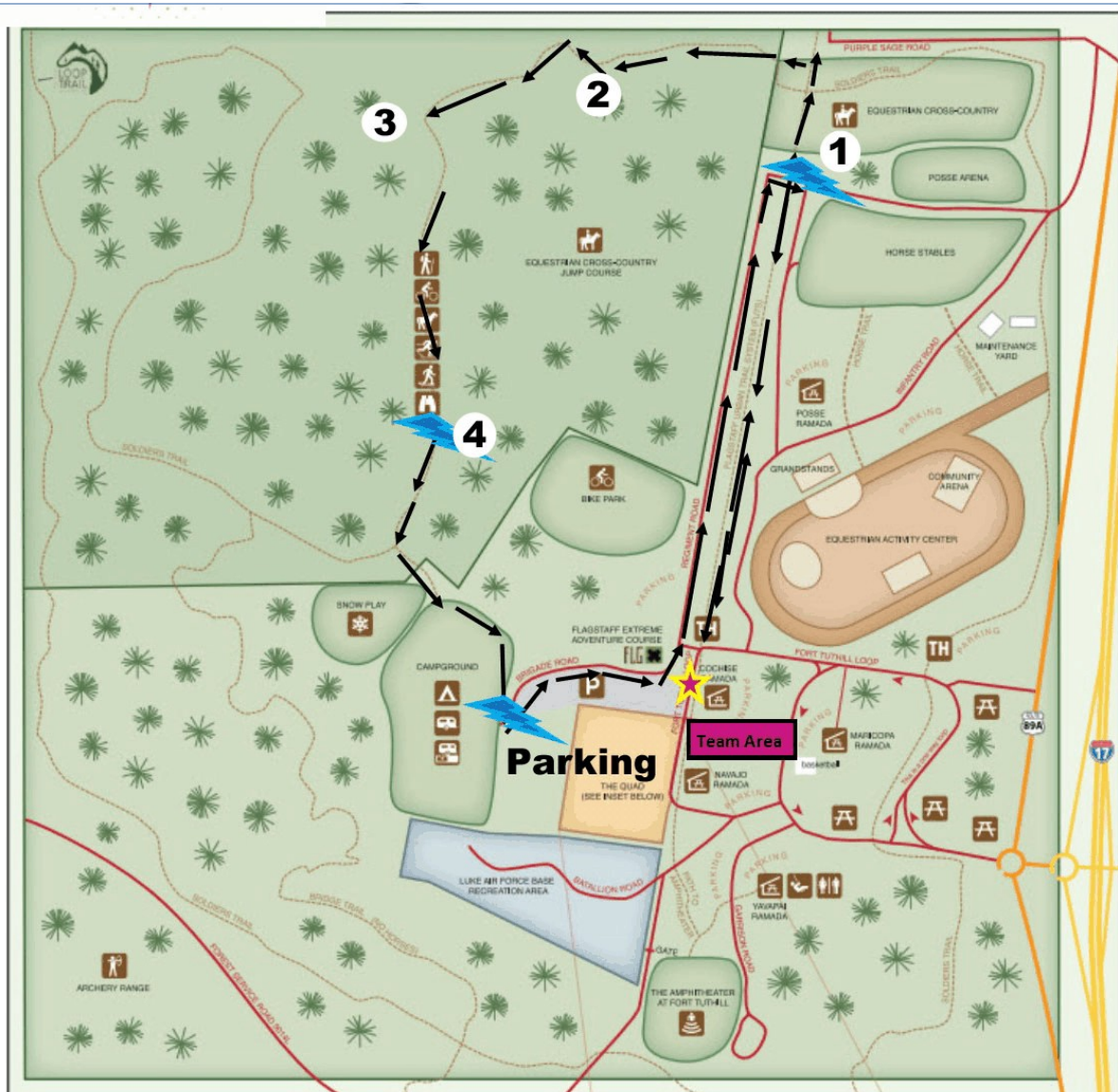
9:30 a.m. - Stretching - Emcom team disperse to assigned locations.

10:00 a.m. - Run Begins!

Course

The Race begins at the Cochise Ramada. The course uses the trail system; mostly along Soldier Trail. The Stations we will use are the three water stations and two auxiliary stations. The map is a little confusing, but the course is really simple. There should be markers or cones.

1. Cochise Ramada crossing road (Regiment?) north on Sinclair Wash Trail.
2. The course turns west onto Soldiers Trail and veers to west past a pond. **Water Station 1** is in this area. **STATION 1** here.
3. The course travels along a fence, then makes the big loop to turn to the south. We want two Stations along this big loop where the girls are out of site of the water stations. **STATION 2 & 3** are in this area.
4. The course travels south to **Water Station 2**. **STATION 4** here.
5. The course comes off into the camping area where **Water Station 3** is located.
6. The course runs out through the adventure course. They travel through a gate across the



Course Notes:

From Cochise Ramada cross the road and head North on the Urban Trail. At Soldiers Trail, go left. Follow Soldiers Trail to the campground, around extreme adventure and the parking lot, north (left) on Regiment Road, and south (right) back down the urban trail to the finish! Water station 1 will be passed twice.

parking lot and back up Sinclair Wash Trail to **Water Station 1**. We want at least three people in the parking area.

7. They turn around and return to the Cochise Ramada for the finish.

Volunteers:

EMERGENCY SIGNS TO LOOK FOR

We expect that it will be cool, so the chances of heat stroke will be minimal. Symptoms of heat exhaustion may be a little more prevalent. Most of the signs are the same. The BIG DIFFERENCE is that a person suffering from heat exhaustion will be sweating heavily while a person with heat stroke will have dry skin. That is the only outward difference you will see. Whether the person has dry skin or sweating heavily, please make sure you note it in your report to Net Control.

The emergencies we will probably see the most are cuts and bruises from falls, twisted ankles and the like. We could see some broken bones, but that is less likely.

Symptoms of Heat Exhaustion

(From MayoClinic.org)

Signs and symptoms of heat exhaustion may develop suddenly or over time, especially with prolonged periods of exercise. Possible heat exhaustion signs and symptoms include:

Cool, moist skin with goose bumps when in the heat

Heavy sweating

Faintness

Dizziness

Fatigue

Weak, rapid pulse

Low blood pressure upon standing

Muscle cramps

Nausea

Headache

Symptoms of Heat Stroke

(From WebMD)

The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

- Throbbing headache

- Dizziness and light-headedness

- Lack of sweating despite the heat***

- Red, hot, and dry skin

- Muscle weakness or cramps

- Nausea and vomiting

- Rapid heartbeat, which may be either strong or weak

- Rapid, shallow breathing

- Behavioral changes such as confusion, disorientation, or staggering

- Seizures

- Unconsciousness

Sign In Sheet

[illegible]