



# LAWYERS HAVE HEART

## Safety Instructions

### **Who do I contact in the event of an emergency?**

Contact command **(202-868-3535)** immediately if participant, spectator, or volunteer are experiencing a major or minor medical incident and follow instructions of emergency personnel. If a participant, relay the bib number. If the patient is unstable and command is not immediately available, call 911.

Until the medical team arrives, stay with the patient. The patient should be kept still. If weather conditions are unfavorable, keep the patient dry and cool or warm as appropriate. Do not move the patient. Try to obtain patient name and emergency contact information for EMS personnel. EMS will provide initial on-site care, stabilize the patient, and transfer the patient as appropriate.

Do not share patient's personal information or details of incident with anyone other than emergency personnel or the Race Director (Kathy Dalby/Pacers Events) regarding the incident. If family and/or friends are present, have them speak directly to the EMS providers regarding transport information.

### **What if I or a fellow walker/runner cannot finish the race?**

Participants who are unable to complete the distance and do not exhibit a medical problem or request medical attention should approach a course marshal/staff member for assistance. The staff member shall remove and destroy the timing tag (found on the back of the bib), request the participant remove the bib, and indicate they should walk back to the FINISH LINE on the sidewalk and not go through the chute so as not to confuse the timing crew. Details shall be communicated to command for record keeping.

## **Safe Haven**

In case of severe weather or a disaster situation, participants will be instructed to take cover under the Whitehurst Freeway. Primary emergency medical evacuation of non-critical patients will be transported to the garage at AMC Theatre. Other safe haven locations can include Washington Harbour, Georgetown Park Shopping Mall and the Ritz Carlton Hotel on South Street. Critical patients will be immediately transferred to the nearest hospital (Georgetown University or George Washington University) for further care.

**Family/Next of Kin Notification:** Family members seeking information about participants shall check with command. Details regarding patient transport shall be relayed by appropriate medical personnel and not by staff or volunteers. If no transport information is available, command will check with the FINISH LINE staff to see if the participant has crossed the FINISH LINE.

**Main Medical** will be located at the Northwest corner of Wisconsin and K Street, NW.

A **secondary first aid station** will be located at the water station on course (AID Station #2) near the turn-around at Independence and Potomac River Freeway (prior to taking the ramp to the E Street Expressway).

## **Code ADAM Procedures (Lost Child/Individual with Special Needs)**

1. Notify command immediately.
2. Command will obtain a detailed description of the missing person including clothing.
3. Command will relay details to MPD immediately.
4. "CODE ADAM" will be broadcast by command over the radio describing the person's physical features and clothing.
5. Staff will immediately start searching for the person.
6. Parent or guardian will be escorted to the nearest police officer, first aid station or unified command (whichever is closest and determined by command).
7. If the person is found and appears to have been lost and unharmed, alert police asap.
8. Two people should stay with the child until police arrive. Police will reunite the lost person with the parent or guardian.
9. If the person is found accompanied by someone other than a parent or legal guardian, make reasonable efforts to delay their departure without putting the person, staff or others at risk. Immediately notify law enforcement and give details about the person accompanying the missing person.

## **Lost Parent**

1. Stay with the child at the location found and notify command immediately.
2. Two (2) adults must stay with the child at all times. After 15 minutes of waiting in the location where the child was found, escort the child to the nearest police officer, first aid station or command, with another adult.

3. Description of the parent and child will be taken by command.
4. The detailed information will be broadcast over the radio to staff.
5. If parent/guardian name is known, an announcement will be made over the stage audio system to have that individual report to command.

# WEATHER

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## Adoption of Event Alert System

DC weather can be unpredictable. The Event Alert System, or EAS, is a color-coded method of quickly communicating to participants the potential for adverse weather conditions that can affect the race event. A series of color codes are used to indicate the increasing severity of adverse conditions as outlined below:

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
<b>EXTREME</b>	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION
<b>HIGH</b>	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/ FOLLOW EVENT OFFICIAL INSTRUCTION/ CONSIDER STOPPING
<b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN/ BE PREPARED FOR WORSENING CONDITIONS
<b>LOW</b>	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT

These adverse conditions are most usually related to heat stress. However, the system could also be used to warn of other potentially dangerous situations, such as cold, storms, tornadoes, or even non-weather situations like auto accidents or fires on or near the race course.

This system, and the scientific measurements behind it, we originally developed by the United States military, as a guide to the level of heat stress soldiers might experience during training exercises in varying weather conditions. The system was adopted by the American College of Sport Medicine and the Road Runners Club of America, is followed by Pacers Events (Race Director, and Race Operations Director).

## **Wet Bulb Chart & Protocol (Weather)**

Per the ACSM, guidelines on risk modification in endurance running events are based on the analysis of the wet bulb globe temperature (WBGT). Color-coded risk levels were established indicating thermal stress.

The Medical Director will be responsible for obtaining the wet bulb globe temperature one hour prior to race start and again 30 minutes prior. The temperature will be reported to the Race Director and medical team and appropriate action will be taken as associated with the corresponding risk level.

The color codes correspond to specific parameters of the WBGT Index, with each color changing as the severity of the WBGT Index rises.

- Green - low risk - a WBGT Index of less than or up to 84.9F (29.3C).
- Yellow - moderate risk - a WBGT Index of between 85F to 87.9F (29.4C and 31C).
- Red - high risk - a WBGT Index of between 88F to 89.9F (31.1C and 32.1C) Extreme Heat Plan.
- Black - extreme risk - a WBGT Index of more than 90F+ (32.2C) Extreme Heat Plan or Cancellation.

## **Weather Monitoring**

If available via on-site Incident Command and/or Race Director, weather will be monitored via a direct hotline to Sterling National Weather Service (NWS). If preceding resources are not available, weather will be monitored via the NWS based on recordings from Reagan National Airport prior to the event as well as race morning by Incident Command.

## **Race Conditions**

The Race Director, in conjunction with medical services personnel and emergency agencies, will determine the appropriate condition status based on current weather conditions, the WBGT (if applicable), and other influencing events.

Modifications, alterations to the course, race delays, and cancellations will be determined by Incident Command either prior to or on race day based on the threat. If race conditions change race morning, either due to weather or other external factors, the Race Director will notify participants and spectators in the area.

In the event the race must be cancelled midway through the event, all participants will be turned around at their location and return to the START.

### **Normal Conditions - Operating Procedures (Cool Weather Events)**

Normal conditions for cool weather events are between 28 degrees and 65 degrees (dry bulb) at start time. In the event of rain, wind, or other weather conditions, race operations will adjust accordingly.

### **Normal Conditions - Operating Procedures (Warm Weather Events)**

Normal conditions for warm weather events are between 50 degrees and 80- degrees at start time (dry bulb). Considering the increase for runner distress, warm weather events (events occurring between April-October) shall be reviewed according to ACDM guidelines. (see color code listing above).

### **Extreme Conditions – Heat**

Expected or measured wet bulb globe temperatures above 73 degrees will activate an elevated heat plan with the addition of the following supplies and personnel:

- Additional ice;
- Computation for water stop water elevated to 1.5 cups (10 ounces) per person per station;
- Computation for finish water elevated to 1.5 (16.9 ounces/bottle) per expected finisher.

### **Extreme Conditions – Cold**

Expected or measured temperatures below 28 degrees, or wind chills below 20 degrees will activate a cold weather plan with the addition of the following supplies and personnel:

- Additional medical personnel;
- Warming bus at water station;
- Heat sheets available at FINISH;
- Bag drop protocol altered to allow individuals to reclaim bags after drop; additional bag drop personnel assigned to manage increase in check-ins;
- Course surveyed for ice and treated. Alter course if ice unable to be treated.

### **Extreme Water Event Communications**

If extreme weather anticipated prior to race day, participants will be notified of procedures via email, social media, website and at packet pick-up.

If extreme weather occurs unexpectedly on race day, participants will be notified over the public-address system and through social media.

## **Rain or Shine**

Events are held rain or shine as well as snow, wind, cold, heat and other natural elements not determined to be significant in nature.

## **Race Delays, Alternations, Modifications, and Cancellations**

In the event of a race day significant natural disaster, such as a moderate to severe earthquake, hurricane, lightening, flash flooding, snow emergency, ice, extreme heat wave, or extreme winds, incident command will decide on the event status and may choose to delay, modify, reschedule or cancel the event.

If the event is delayed, modified, rescheduled or cancelled, the Race Director will make the announcement to participants, volunteers, media and spectators via social media, website, email (as available), and the public-address system.

## **Delay Protocol**

If the event requires a start delay (e.g., flash storm, passing lightening, course set-up or security delay), the event will be delayed in 5 minutes to 10-minute increments based on the delay. The delay will occur up to 30 minutes past the original start time. A delay in start time is highly undesirable and all efforts will be made for an on-time start.

## **Course Alteration Protocol**

If a course alteration is required, the Race Director and MPD will map a course prior to the start with the intent to maintain participant and volunteer safety, utilizing existing MPD and medical resources, utilizing the original START/FINISH, and attempting to maintain the published distance.

# COURSE MAP & NARRATIVES





**LAWYERS HAVE HEART:**  
**10K ROUTE NARRATIVE**

**DATE:** Saturday, June 9, 2018  
**START:** 7:00AM **FINISH:** 9:00AM

**10K START:** K Street at 30th Street

Travel Eastbound on K Street to 27<sup>th</sup> Street

Make a left onto Whitehurst Freeway toward M Street

Turn Left onto M Street/Canal Road NW

U-turn at 1st traffic light back onto Whitehurst Freeway toward 27<sup>th</sup> Street

Bear right on ramp toward Route 66/Potomac River Freeway

Proceed Southbound on Potomac River Freeway to U-turn (across from volleyball courts)

Take ramp towards E Street Expressway (going East. Westbound E Street lanes remain open/accessible for emergency vehicles.)

Continue on E Street Expressway towards 17<sup>th</sup> Street

Make a U-turn on E Street just before 17th Street

Left turn on 18<sup>th</sup> Street to Virginia Avenue

Right turn on Virginia Avenue to 27<sup>th</sup> Street (going NWest. SEast bound lanes remain open/accessible for emergency vehicles.)

Turn Right onto 27<sup>th</sup> Street

Turn Left onto K Street towards Finish Line (under Whitehurst)

**FINISH:** K Street between 31st Street and Wisconsin Avenue, NW





## LAWYERS HAVE HEART:

### 5K ROUTE NARRATIVE

**DATE:** Saturday, June 9, 2018  
**START:** 7:00AM  
**FINISH:** 8:00AM

**5K START:** K Street at 30th Street

Travel Eastbound on K Street to 27<sup>th</sup> Street

Make a left onto Whitehurst Freeway toward M Street

Turn Left onto M Street/Canal Road NW

U-turn at 2nd traffic light (Canal & Foxhall) back towards Whitehurst Freeway

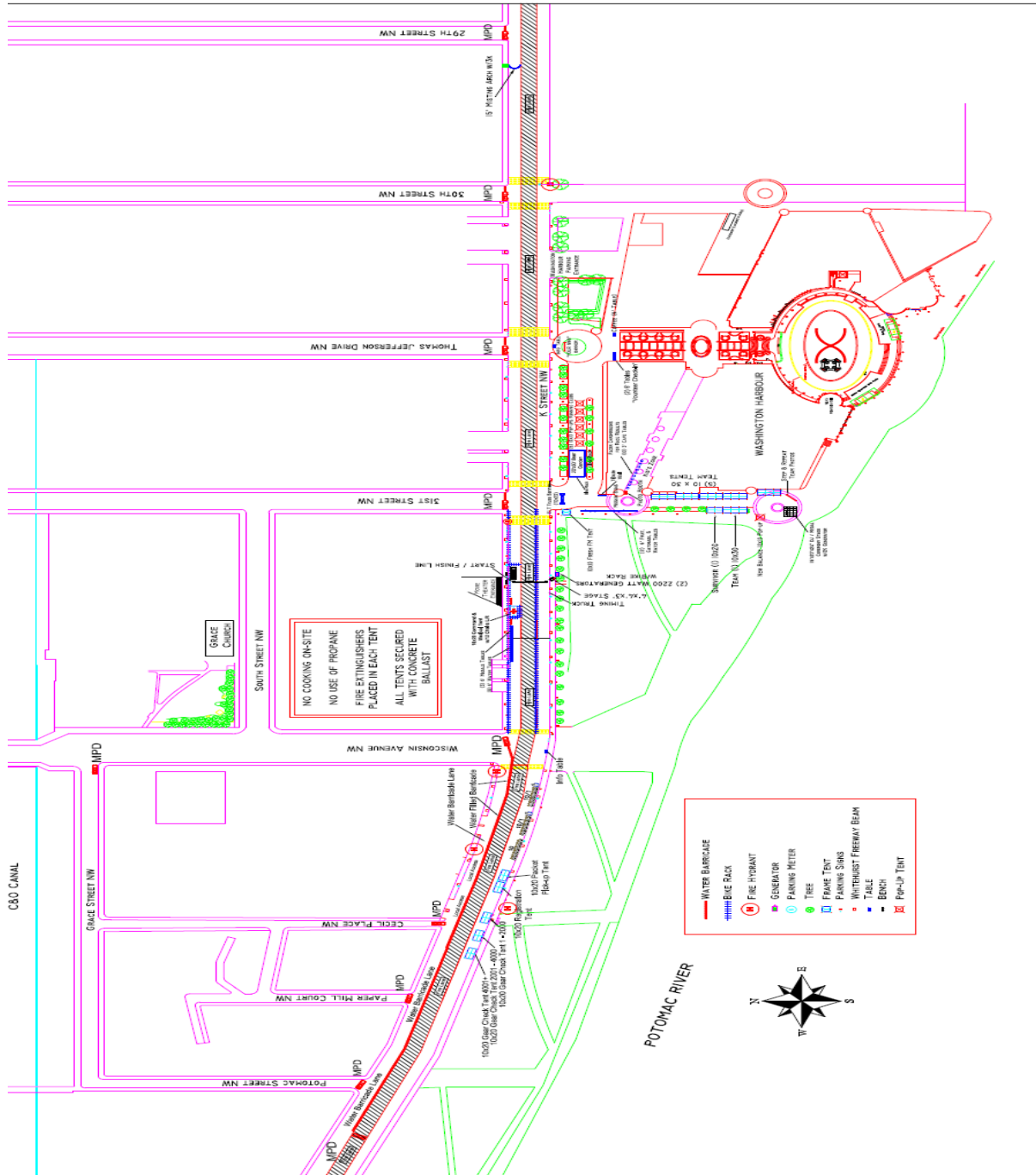
Turn Right onto Whitehurst Freeway

At end of Whitehurst Freeway, loop back towards K Street (now going under Whitehurst)

Continue on K Street to just West of 31st Street

**FINISH:** K Street between 31st Street and Wisconsin Avenue, NW

# START / FINISH SITE PLAN



# APPENDIX D: MEDICAL SUPPLIER CONTRACTS



## Medical Faculty Associates Inc. Operational Medicine EMS Agency

### Conformation of Medical Service for

### The Lawyers Have Heart Race on June 9, 2018

#### Event Medical Hours

Medical services begin at 6:30 AM

Medical services cease at 11:00 AM or when release by medical command

#### Contracted Personnel

##### Command Staff

- 1 Board-certified emergency medicine physician to serve as medical director and staff the aid station
- 1 NREMT to serve as Medical Command
- 1 NREMT logistics Command Officer

##### Medical Staff for the Finish Line Medical Aid Station

- 2 PAs, NPs, or MDs to serve as deputy medical directors
- 2 Registered Nurses and 1 Nationally Registered Paramedic to staff the medical tent along with the Medical Director and Deputy medical directors

##### Mobile Medical Staff on the Course

- 2 BLS Bicycle teams (4 EMTs) to serve as mobile teams on the course

##### Course Aid Station

- 1 BLS Aid Station at Independence and E Street Expressway exit

#### Additional Services Provided

- Assist with development of a Health and Safety plan
- Coordination with EMS involved with the event
- All medical supplies and equipment needed to provide care
- Documentation of patient encounters and secure storage of patient records
- Radio for medical tents and command Staff
- Insurance for medical providers

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Lawyers' Have Heart 10K & 5K