

EMERGENCY INSTRUCTIONS:

- In case of ANY runner who stops or is injured, **FIRST call the race director at 703-927-4833**, and then follow the instructions below
- The race director will notify US Park Police about the emergency
- **In all cases, render aid immediately -- prompt first aid / CPR can save a life**
- If a runner cannot continue but is uninjured, conscious, and lucid:
- Ask, "are you OK?" and additional questions to establish lucidity
- Ask permission to assist. If the runner grants permission, then ...
- In cases of severe injury or illness -- hypothermia (too cold), hyperthermia / heat exhaustion (just tired) / heat prostration (can't talk, can't move) / heat stroke (unconscious), a deep laceration, a puncture wound, an insect sting if the runner is allergic, a broken bone or a compound fracture, food poisoning or related illnesses (diarrhea, vomiting), shortness of breath, profuse sweating, pale skin, or highly flushed skin, call 911 immediately, and assure the runner that help is on the way
- Do not stop rendering aid until either you are relieved by another trained person or 911 help arrives
- Get the runner off the Towpath and into a position where 911 emergency responders can wheel a stretcher to the person
- On a cold day, provide fluids and warmth, and allow the runner to recover in the warmth of one of your cars
- On a hot day, provide fluids and shade, allow the runner to recover in the shade inside one of your cars
- Do not place ice on the person, but give the person a plastic bag full of ice, to be applied at will
- If the runner does not grant permission, call 911 and report your emergency
- In either case, do NOT allow the runner to continue
- If the stopped runner simply cannot continue but is lucid, transport the stopped runner back to Fletcher's Cove to be reunited with family or friends
- If a runner cannot continue but is injured, please wear gloves before handling
- Ask permission before touching the runner in any way. If the runner grants permission, then perform necessary first aid
- Wash any wounds, cover any wounds with bandages or gauze wrap from your first-aid kit, and use adhesive tape to secure the wrap
- In the case of a muscle strain, wrap the affected area to prevent further strain
- Apply ice for a few minutes, then let up for a minute before re-applying, so you don't freeze the skin
- If the runner does not grant permission, offer water and bandages so the runner can self-wrap and ice so the runner can self-treat
- In some cases, after medical treatment, a runner may be able to get up and continue on to finish
- I have been felled by foot blisters twice at marathons, then got up after treatment and finished -- it wasn't fun
- In case of serious illness or loss of consciousness, consent to treatment is implied. Call 911 immediately
- Then provide first aid as above if you are certified or if you feel protected by Maryland's Good Samaritan Law