

Emergency Action + Response Plan

A cycling event is subject to accidents that can be minor (road rash), serious (broken collarbone) or potentially life threatening (vehicular collision).

A qualified and experienced first-aid responder will be on-site during the event and will be responsible to take charge of the situation, administering the proper response as needed. The responder will be equipped with a suitable first-aid kit to treat most common injuries that may occur during a cycling race.

This Emergency Action Plan (EAP) details what is believed to be the most appropriate response to an emergency should it arise during the event.

As part of the sanctioning requirements of hosting an event, the race organizer is responsible for submitting a written Emergency action/response plan to Manitoba Cycling in advance to the race and for ensuring their event volunteers understand the protocols identified.

CONTACT INFORMATION

EVENT NAME: Tour de Riding Mountain

VENUE LOCATION: North Gate Trails, Dauphin Manitoba, and Riding Mountain National Park

EVENT DATE: May 31-June 1,2025

RACE ORGANIZER:

NAME	CELL PHONE	EMAIL
Nick Bergen	204-599-0291	cycling.coach@sportmanitoba.ca
Brent Burley	204-612-3104	brent_burley@hotmail.com

RACE OFFICIAL (Commissaire):

NAME	CELL PHONE	EMAIL
Candace Gauthier	204-461-3026	abcgautheir00@gmail.com
Kevin Hartle	204-230-7179	COMP.mbcycling@gmail.com

***Reminder:** Race Organizer and Official are responsible for reviewing the course layout in advance to identify potential hazards and mitigate any risks.*

MEDIC DETAILS:

NAME	CELL PHONE	RADIO #
Trevor Gamble	204-229-6350	
Dena Viallet	204-723-2840	

Reminder: Race organizer provides course maps to medical personnel.

ARE THERE ANY AREAS OF THE RACECOURSE OR VENUE UNREACHABLE BY CAR?

Yes _____
No _____

IF YES, HOW WILL YOU ACCESS SOMEONE IF THERE IS AN EMERGENCY?

AMBULANCE:

NAME	PHONE
Dauphin	911

IS YOUR RACE VENUE SERVICED BY 911?

Yes _____
No _____

PROVIDE INSTRUCTIONS TO ACCESS VENUE:

Race Course will be on the Number ten highway extending from North Gate Trail head at the North Gate of Riding mountain National Park to the South Gate of the park. The course includes North Shore Road to the east of the Number ten highway. The finish line is Hilton Trailhead.

HOSPITAL (NEAREST TO RACE VENUE):

NAME	ADDRESS	PHONE
Dauphin Regional Hospital	623 3 St. SW, Dauphin, MB, R7N 1R7	204-638-3010

VOLUNTEER LIST:

NAME	POSITION	CELL PHONE	RADIO #
Ryan Howanyk	Head Volunteer Marshal	204-391-0914	
Melissa Hyytinen	Lead Marshal Short Course	204-795-6277	
Brad Gauthier	Lead Vehicle Driver	204-333-3431	
Alex Man	Follow Vehicle/mechanic	204-794-6931	
Twila Cruiskshank	Driver for Marshal aid/help	204-298-7030	
Ken Azaransky	Lead Marshal North Shore Dr.	204-803-4033	

Reminders:

Radios are available for pick-up from the MCA Office. Office Hours Mon-Fri 0800-1700.

Organizer ensures radios are charged prior to the event.

Organizer maps out where on course/route that marshals will be deployed.

Marshal signage to pinpoint locations is available on loan thru MCA.

Marshals wear a safety vest and require a flag or stop sign. Whistles available if needed.

Marshals are assigned a radio and have a charged cell phone as back-up.

Radio is also carried by Race organizer, official(s), and medic at minimum.

When radios are used, volunteers must be trained on how to use radios (turn on, channel #2, etiquette).

Race Organizer or assigned volunteer conducts volunteer debrief prior to deploying Marshalls to station.

If there is a long race day, organizers may need to schedule shorter shifts and ensure safe deployment of replacement Marshals.

Marshals are in place to ensure cyclists' safety (information and direct traffic and spectators). They are not in place to direct riders on the racecourse. The racecourse needs to be fully marked by Organizer.

(Note: Marshal signage, vests, flags, stop signs, whistles are available on loan thru MCA free of charge.)

ACTION: Identify any Risks, Mitigation, and Emergency Action which could occur at your event.

EXAMPLES ONLY

Risk	Mitigation	Emergency Action
Athlete crashes during race	<ul style="list-style-type: none"> • Locate traffic marshals at turn-around points on course. • Use patrol vehicles (3) to inspect courses for issues and report on problems. • RCMP is aware of event schedule. • First-aid responder will be located at Finish line, with vehicle/driver available for response to any accidents on the course 	<ul style="list-style-type: none"> • Triage the scene. • Slow racers heading into the scene (Marshal) • Treat injuries as needed. • Call 911 if required
Athlete crashes during the finishing sprint	<ul style="list-style-type: none"> • Ensure that the finished area is free of parked cars. • Have sufficient coast zone past the finish line 	<ul style="list-style-type: none"> • See above

Athletes withdraw from race due to illness	<ul style="list-style-type: none"> • Provide water and shelter for athlete 	<ul style="list-style-type: none"> • Keep athletes under medical supervision. • Treat symptoms • Call 911 if required
Athletes lose consciousness during event	<ul style="list-style-type: none"> • Provide water and shelter for athletes. • Monitor condition of athletes during event 	<ul style="list-style-type: none"> • Call 911 • Treat symptoms

		<ul style="list-style-type: none"> • Keep athletes under medical supervision
Athletes lose consciousness during event	<ul style="list-style-type: none"> • Provide water and shelter for athletes. • Monitor condition of athletes during event 	<ul style="list-style-type: none"> • Call 911 • Treat symptoms • Keep athletes under medical supervision
Telephone access	<ul style="list-style-type: none"> • The first-aid responder, chief commissaire, and the organizer shall have immediate access to a telephone to contact emergency services 	<ul style="list-style-type: none"> • As a back-up to cell phones, <u>where</u> is the nearest landline.
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OTHER NOTES:

AGREEMENT

I, the event organizer, certify that all measures have been taken to:

- *Satisfy the terms of sanction.*
- *Offering an event in which risk to participants has been minimized to a reasonable extent.*

I understand that failure to observe MCA Standards may result in revocation of the right to host future MCA sanctioned events. I recognize the right of the Manitoba Cycling Association to cancel the event if either MCA standards or CCA regulations have not been met.

Host Club Representative (name): Manitoba Cycling Association's Provincial Program

Signature: *Nick Bergen*

Date: May 29, 2025

***EMAIL COMPLETED FORM TO MCA OFFICE AT LEAST 2 WEEKS PRIOR EVENT
Cycling@sportmanitoba.ca***