



IOWA GRAVEL SERIES

Volunteer Training



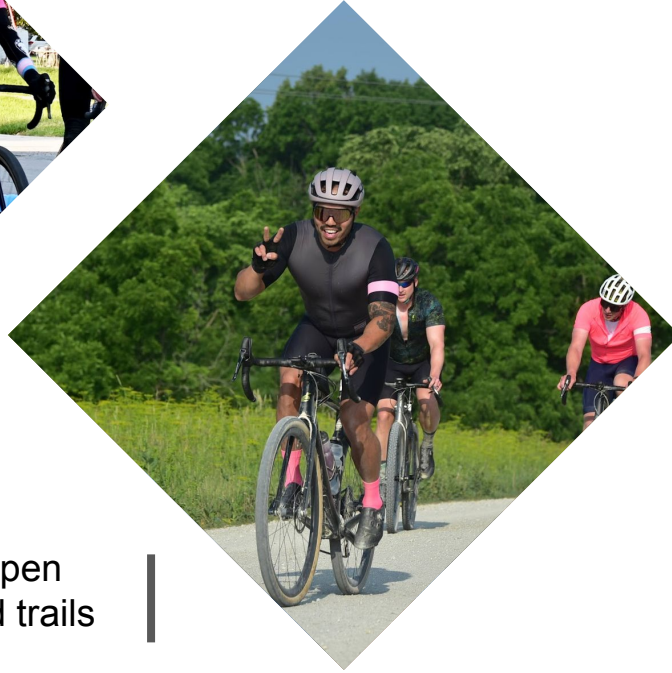


Welcome!



Endurance races in
cycling/running

Held on open
roads and trails



Our Mission

We use gravel roads
to connect people in
communities through
fitness and
adventure!

Who's Involved?

- ❖ Aid Station Volunteers
- ❖ Sweeper Volunteers
- ❖ Board Members
- ❖ Photographers
- ❖ Registration Assistants





IOWA GRAVEL SERIES

Responding to Medical Problems
Training





Volunteer expectations

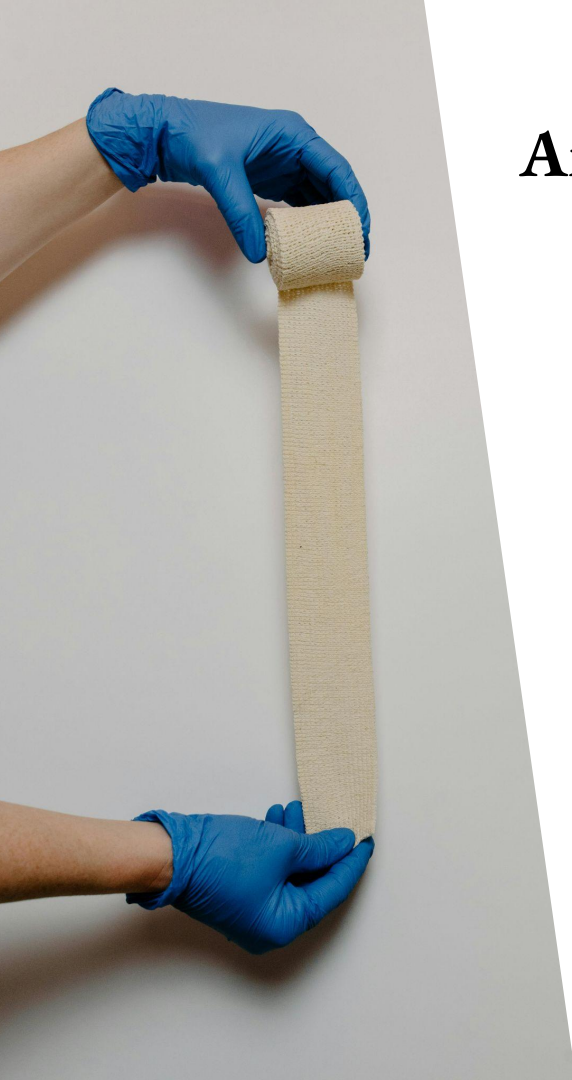


Guess the case severity!

- 1: I can take care of it myself.
- 2: I can take care of it, but I have to contact a board member.
- 3: I have to call 911, then call a board member.

Case 1: You see a rider fall off his bike nearby. You ask them if they're okay. He says he's fine, but his knee is scratched up and he's bleeding from a cut.

Case 2: It's been a hot and sunny day. A rider approaches you, looking very tired and unsteady. Her skin is red and her clothes are dry. You ask her if she's okay. She collapses and becomes unresponsive.



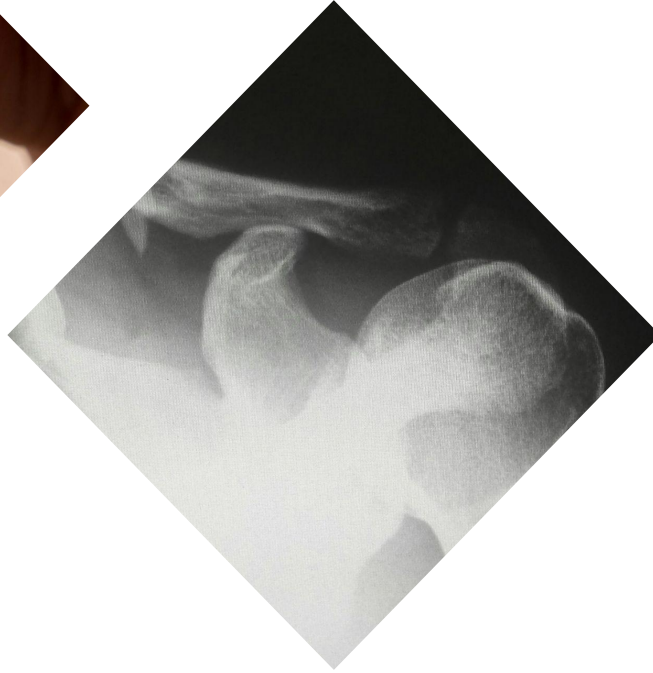
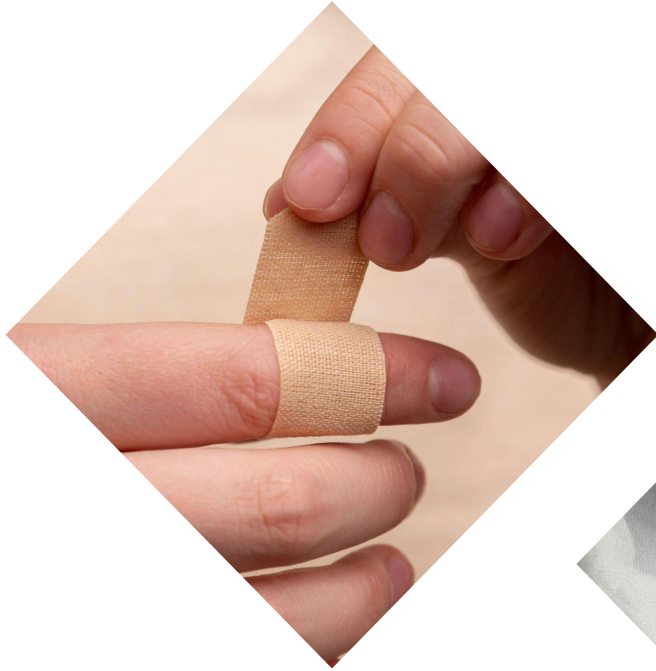
Answers

- **Case 1:** You see a rider fall off his bike nearby. You ask them if they're okay. He says he's fine, but his knee is scratched up and he's bleeding from a cut. **ANSWER: 1**

Since the rider has a minor injury and does not want to drop out of the race, you can supply him with a medical kit and it is not necessary to report the incident to a board member.

- **Case 2:** It's been a hot and sunny day. A rider approaches you, looking very tired and unsteady. Her skin is red and her clothes are dry. You ask her if she's okay. She collapses and becomes unresponsive. **ANSWER: 3**

When a rider unresponsive, it's important to immediately call medical services and inform a board member.



**What do you
think are some
common
injuries or
medical
problems
during races?**

A photograph of a person's left hand, palm facing up, with a light-colored adhesive bandage on the palm. The hand is positioned on the left side of the frame, against a dark background. The bandage is rectangular with a central patch and two smaller patches on the sides.

Common injuries

Possible answers: cuts and scrapes, dehydration, heat exhaustion, heat stroke, jammed fingers, broken collar bone, broken wrist.

Can you sort these injuries into three groups? 1: I can take care of it myself. 2: I can take care of it, but I have to contact a board member. 3: I have to call 911, then call a board member.



Answers

Group 1: cuts and scrapes, dehydration, jammed fingers

Group 2: broken bones, heat exhaustion

Group 3: heat stroke, non-responsive, person requests medical service

What's the difference between dehydration, heat exhaustion and heat stroke?

Sort the list of symptoms on the right into the three categories. Symptoms may be used more than once.

Dehydration	Heat Exhaustion	Heat Stroke

- (a) cool, moist, pale or flushed skin
- (b) heavy sweating
- (c) extreme thirst
- (d) confusion
- (e) vomiting
- (f) hot, red skin which may be dry or moist
- (g) weakness
- (h) exhaustion
- (i) changes in consciousness
- (j) dizziness
- (k) nausea
- (l) headache
- (m) high body temperature
- (n) a dry mouth, lips and tongue

Answers

Dehydration	Heat Exhaustion	Heat Stroke
(c) extreme thirst (d) confusion (h) exhaustion (j) dizziness (n) a dry mouth, lips and tongue.	(a) cool, moist, pale or flushed skin, (b) heavy sweating (g) weakness (h) exhaustion (j) dizziness (k) nausea (l) headache	(f) hot, red skin which may be dry or moist (i) changes in consciousness (e) vomiting (m) high body temperature

*Symptoms may vary on a case by case basis.



What is the first step in responding to these injuries and conditions?

- Cuts and scrapes
- Dehydration
- Heat exhaustion / heat stroke
- Jammed fingers
- Heat stroke
- Broken collar bone
- Broken wrist
- Rider becomes unresponsive



Answers

- **Cuts and scrapes:** offer the rider the first aid kit
- **Dehydration:** offer the rider a sports drink
- **Heat exhaustion / heat stroke:** offer the rider a sports drinks and move them to a cool area in the shade
- **Jammed fingers:** offer the rider the first aid kit or ice if available
- **Broken bones:** move rider to a cool area, either sitting or lying down to immobilize the broken bone. Ask if they have an emergency contact to pick them up or if they need/want a ride to the finish line.
- **Rider becomes unresponsive:** move rider to a cool area, call emergency services and a board member immediately



*Brand and contents
vary

First aid kit

- Compress dressings
- Adhesive bandages
- Cloth tape
- Antibiotic ointment
- Antiseptic wipes
- Aspirin
- Cold compress
- Gloves
- Gauze roll bandage
- Gauze pads
- Tweezers

Medical job aid

Medical Problems



Case Severity

Level 1: I can handle it myself

Minor injuries and conditions like cuts and scrapes, jammed fingers and dehydration.

Level 2: I can handle it myself, but I should notify a board member.

Injuries that will need to be monitored or will need medical attention after the race, such as broken bones and heat exhaustion.

Level 3: I should call 911 immediately and then contact a board member

Life-threatening injuries and conditions, when a rider becomes unresponsive or asks for you to call 911.

Dehydration	Heat Exhaustion	Heat Stroke
extreme thirst confusion exhaustion dizziness a dry mouth, lips and tongue.	cool, moist, pale or flushed skin, heavy sweating weakness exhaustion dizziness nausea	hot, red skin which may be dry or moist changes in consciousness vomiting high body temperature

Board Member Contact Information

This information is covered for privacy.

What should you do if the rider is injured, but it's not life-threatening, and they insist on continuing?



Answer

Trust them and let them go.





IOWA GRAVEL SERIES

Aid Station Training



Aid Station Volunteer Responsibilities



Set up the aid station



Stock up supplies



Hand out refreshments and cheer racers on!

Setting up

- Arrive 45 minutes before the race starts
- Check in
- Get your box of supplies
- Travel to the mile marker
- Set up the tent, table & supplies





IOWA
GRAVEL
SERIES

Knowledge Check

How early should you arrive to the race?

- a. 20 min before the start of the race
- b. 45 min before the start of the race
- c. 30 min before the start of the race

Option b) is correct.

Make sure to arrive 45 min before the start so you have time to check in and setup.

Knowledge Check

Once you get to the start line and check in, you should:

- a. Grab the boxes of supplies and drive to the mile marker.
- b. Wait for all the other volunteers to arrive and then retrieve items before going to the mile marker.
- c. Head directly to the mile marker since all the supplies will be there.

Option a) is correct.

Once you arrive, make sure to retrieve the supplies before heading to the mile marker. You also don't need to wait on others. Get a head start so that the station is up on time.

Attending the Station



- Restock food & water
- Offer racers refreshments



- Refill their supplies
- Provide info support

Taking Down Station

- Sweeper/board director notifies volunteer to take down station
- Box up all leftover nutrition and discard garbage
- Pack up large items (canopy, umbrella, table, chairs) and place in vehicle
- Transport items to start line.
- Return items to Chris or another board member



Knowledge Check

When a cyclist approaches the station, you should:

- a. Quickly grab their water bottle and fill it so that they could continue the race.
- b. Offer them food and offer to refill their bottle
- c. Observe them and ask if they are physically comfortable continuing the race
- d. Only option b and c
- e. Only option a and c
- f. All of the above

Option d) is correct.

While attending the station, you should be observing the physical condition of a cyclist and inquire if they need rest. You should be ***offering*** them food and water rather than grabbing their bottles without them being okay with it. Remember to offer them choices and be respectful!

Knowledge Check

When do you begin taking down the aid station?

- a. Once you have visual confirmation that the last cyclist of the race has passed by
- b. When the sweeper drives by and signals to take it down or a board member notifies you
- c. When a cyclist notifies you that they are the last ones on the race

Option b) is correct.

Take the aid station down only once a
sweeper/board member notifies you.

Knowledge Check

Where do you take the aid station materials once you have packed them into your vehicle?

You will transport materials to the **start line** or **finish line**.

You will be informed of exact location on race morning during check in. You will return the items to Chris or another board member.



See you at the start line!