

Person in Distress

Catastrophic Event

Steps to follow:

1. Course Marshall to respond to the emergency;
2. **Course Marshall to call 911;**
3. Course Marshall to blow distress whistle and set headlight to strobe;
4. Zone Captain to respond and inform Command Base of the incident;
5. Command Base to send EMT at the scene;
6. Zone Captain to continue directing traffic away from the incident, crowd control, and create space for EMT to arrive;
7. EMT to secure the location and provide medical treatment as necessary;
8. **EMT to transfer patient to Ambulance to be sent to the Hospital;**
9. **EMT to provide Zone Captain with Emergency Contact information for Command Base to contact them;**
10. FTNR representative to make a statement for the press and Social Media when needed;
11. Debriefing with all parties involved – Incident Report to complete.



Do you have your vest, glow stick and headlamp? Do you have food/drink, a chair, warm clothing?

Washrooms at Fort Wellington Visitors Centre,
Walker House & the Marina

Julie: 613-803-8989 Michel: 613-340-7364

Responsibilities of the Course Marshalls

- 1. Move cones into the streets (width of parked car)**
- 2. On County Rd 2, cones moved to median**
- 3. Identify and encourage vehicles to be moved outside of designated space for corridor**
- 4. Clear corridor of any debris, use garbage bag**
- 5. Position yourself so that you can see the runners approaching as well as the traffic in all directions**
- 6. Clearly direct runners, point, talk, & cheer!**
- 7. If cars approach as runners are about to pass, ask/signal cars to wait a moment. Ask them to drive slowly and yield to runners if they are turning into a driveway. Ask that they use alternate streets. Be polite. Apologize for the inconvenience.**
- 8. Encourage runners to stay in corridor**
- 9. When end vehicle signals last runner has passed, move cones back to curb, place No Parking signs in garbage**
- 10. Help Green Team with clean-up of your area**
- 11. Remember to take all of your belongings**
- 12. Return to Fort Wellington grounds**
- 13. Please return to Volunteer Tent to return vest and headlamp and sign out**
- 14. If you were able to take pictures, please email them to forttownnightrun@gmail.com**