



**EMS UNLIMITED**

CONSULT - PLAN - TRAIN - STAFF - MANAGE - TRANSPORT - DEBRIEF - IMPROVE

[www.ems-unlimited.com](http://www.ems-unlimited.com) / 1-800-674-7764

---

**EMS Unlimited and Event Director will modify the specifics of this 2024 Incident and Medical Plan at regular intervals and through coordination with emergency response stakeholders.**

**Event Medical Solutions Unlimited**

Notification of Proprietary Information or Business Confidential Information: Any and all information contained within will not be disclosed, duplicated, or used, in whole or in part without the expressed written consent of Event Medical Solutions Unlimited, LLC (EMS Unlimited).



## Special Event Emergency Response Guide: (Incident Action Plan - IAP)

Incident Name: SBT GRVL	Incident Operational Period: Start: 18 August, 2024, 6:00	Incident Operational Period: End: 18 August, 2024, 21:00
----------------------------	--	---

<b>General Safety and Action Plan.....</b>	<b>3</b>
Scope & Purpose.....	3
Objectives.....	3
Planning and Pre-event.....	3
The Event.....	3
Course Map.....	4
Estimated racer timing on course:.....	5
<b>Event Medical &amp; Safety Considerations and Mitigators:.....</b>	<b>6</b>
<b>Communications Plan.....</b>	<b>8</b>
<b>Race Staff Contact Information.....</b>	<b>9</b>
<b>Local hospitals and clinics.....</b>	<b>10</b>
<b>Dedicated medical resources on course + contact information.....</b>	<b>10</b>
<b>Aid Station First Aid/CPR Attendants.....</b>	<b>11</b>
<b>Additional on-course and/or on-call resources.....</b>	<b>11</b>
<b>Generalized Response Plan:.....</b>	<b>12</b>
<b>Zones and movement plan for EMS resources:.....</b>	<b>13</b>
<b>Air Evacuation.....</b>	<b>13</b>
<b>Coordination of Medical Treatment Protocols.....</b>	<b>13</b>
<b>Planning in the event additional resources are needed.....</b>	<b>13</b>
<b>EMS Unlimited planning/scheduling/logistics:.....</b>	<b>14</b>
<b>EMS Supply &amp; Packing List.....</b>	<b>16</b>



## General Safety and Action Plan

### Scope & Purpose

This guidebook is to serve as a pre-event planning guide and day-of event handbook for responding to emergency medical incidents at SBT GRVL.

References and instructions contained herein are specifically customized for the referenced event. It is unrealistic to describe in-depth plans and response guides for every type of potential emergency. This guidebook is provided to event directors and planners to establish a basic framework for pre-event hazard and risk identification, asset allocation, communications and response objectives.

### Objectives

To provide event participants and staff with a safe and enjoyable experience that provides dedicated safety and medical care while reducing, to the greatest extent possible, impacts on public emergency response capabilities.

### Planning and Pre-event

All stakeholders shall be coordinated with to ensure emergency response needs are met throughout the planning process. Plan of communications shall include emails, phone calls and video meetings. Milestones of the planning process shall be as follows:

- 60 days, or more, prior to event: In-person and/or video meet with affected agencies (i.e. Fire, EMS, Local Police, Sheriff, Colorado State Patrol).
- 45 days, or less, after the event: In-person and/or video meet with affected agencies

### The Event

"SBT GRVL is a world-class gravel riding experience held on the greatest gravel roads on Earth in and around the magnificent Steamboat Springs, CO. The unique combination of the quiet roads surrounding a thriving resort town create a setting for an incredible gravel bike race. With the fundamental goal of inclusiveness, we want to focus not only on the race, but a fantastic weekend away with family and friends. The event consists of 4 individual routes which overlap each other: Black - 125 miles, Blue 100 miles, Red 57 miles and Green 37 miles.

### Start Times: Sunday August 18:

Black Course (approximately 950 riders): 6:15am

Red Course (approximately 750 riders): 6:45am

Green Course (approximately 350 riders): 7:15am

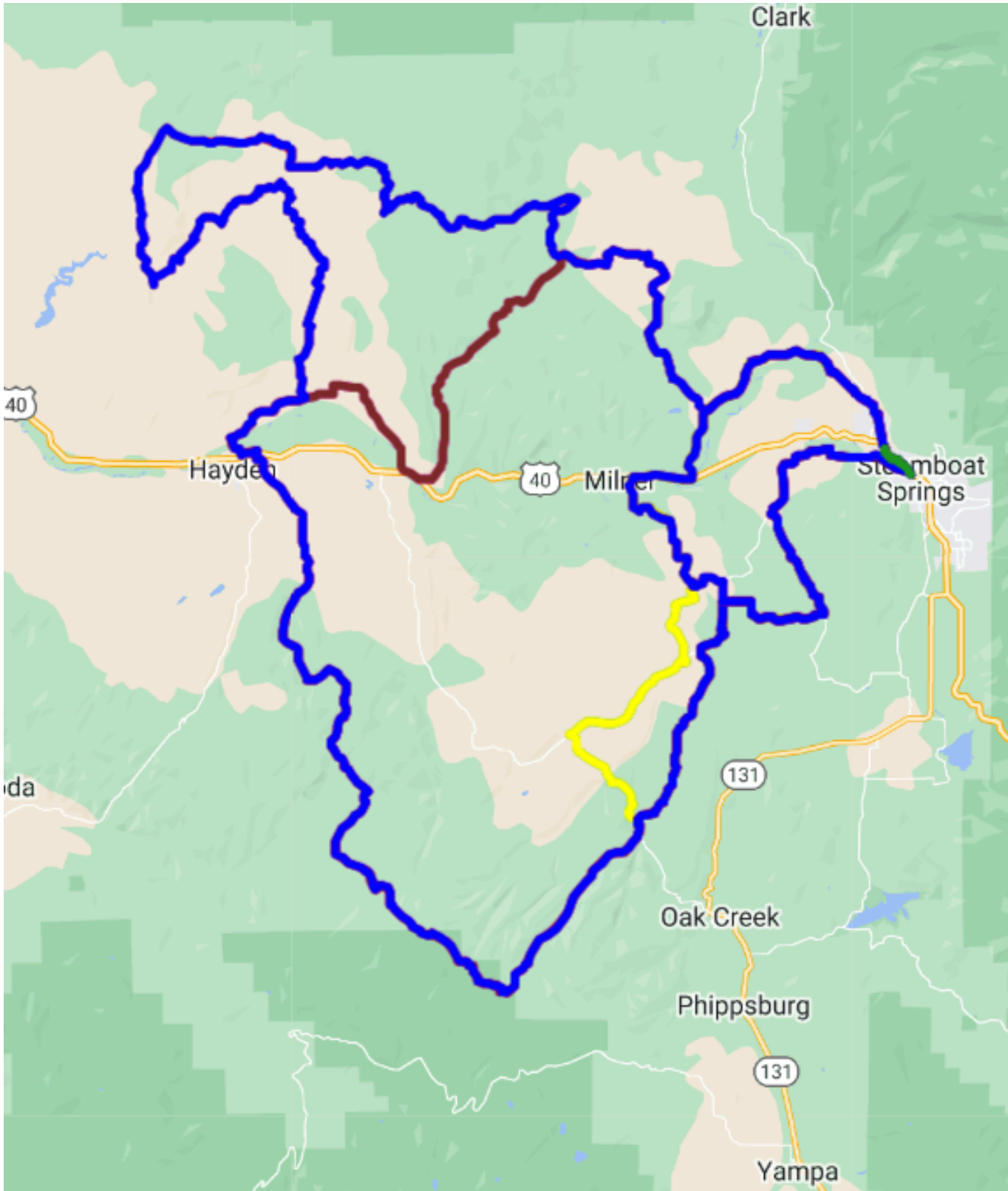
Blue Course (approximately 950 riders): 8:00am

Last rider finishes: approximately 8:30pm

### Course Maps

<https://ridewithgps.com/events/235770-sbt-grvl-2024> (this link to be made public when permit is approved)

### **Event Medical Solutions Unlimited**



**Event Medical & Safety Considerations and Mitigators:**

- **Traffic** – Minimal paved road travel will be required, although traffic is still a concern when racers are on paved roads

**Event Medical Solutions Unlimited**

Notification of Proprietary Information or Business Confidential Information: Any and all information contained within will not be disclosed, duplicated, or used, in whole or in part without the expressed written consent of Event Medical Solutions Unlimited, LLC (EMS Unlimited).



- o Police posts and corner marshals will be used for paved road portions of the course.
  - o Racers will utilize remote dirt roads for the majority of all race routes, minimal traffic will be present while racers are on dirt roads. CSP will provide lead motors for the two larger groups (black and blue).
  - o Riders should be reminded that while traveling on roads on-coming traffic is possible on limited sight distance corners - do not ride more than 2 abreast and remain on the shoulder and inside the white line.
- **Spectators** – Spectators for this event are expected to mostly congregate at the finish area downtown on Yampa Street. Spectators are also encouraged to congregate in Hayden to see riders come through town and stop at the Granary aid station.
  - o French barricade fencing will be present at the start/finish area to keep spectators off of the finish chute. Crossing guards will be placed at each course crossing area while riders are finishing.
  - o Racers will be finishing at fast speeds; the event is advised to keep the course clear of spectators
- **Course Access and Extrication** – The majority of the course will be restricted to remote dirt road access. Roads are accessible by emergency vehicles, however, response times will be slower than in urban areas.
  - o Air Evacuation could be required, in the event of serious injury or very remote course access.
  - o All EMS agencies in each area of jurisdiction will be contacted well in advance of the event and briefed on course routes and medical safety plans. Routt County Emergency, North Routt Fire, Oak Creek Fire, Steamboat Fire, and Routt County Sheriff's office are all in the loop and on emergency frequencies.
- **Access for medical Vehicles** (i.e. ambulance, helicopter landing zones.)
  - o The course route will be shared with all applicable emergency response stakeholders.
  - o Pre-event meetings will be conducted to pre-plan ingress and egress routes to minimize impacts or response delays due to participant traffic.
  - o Medical teams will be briefed on identifying suitable landing zones for helicopters in addition to communicating those locations and preparing landing zones (Steamboat Springs and Hayden-in-town LZ's and rural LZ's on dirt road intersections).
- **Communications** - Cellular service is reliable in Steamboat Springs and Hayden. Expect spotty to no cell service at all other locations on course. Communications may be limited to the use of GPS Garmin devices and 800 Hz radios. Point to point radios with a repeater will be used for portions of the course - expect limited range with such handheld and car-installed radios.
  - o See "Emergency Communication" in section 5 for more details
- **Weather** – Conduct day-of weather briefing/forecast review. Expect high temperatures - brief riders on the importance of hydrating, water and electrolytes will be available at all aid stations.
  - o Heat – expect dehydration, heat exhaustion, electrolyte imbalances/cramps.
  - o Rain/Mud – Expect slick and challenging conditions on dirt roads when rain is/has been present. The race will continue in spite of muddy conditions - racers have been briefed on what to carry and to be prepared for inclement weather.
- **Altitude** - Riding will commence at an elevation of approximately 6500 feet and reach a maximum of 8500 feet. Altitude could be a concern for racers traveling from lower elevations.
- **Speed** – Steep downhill portions of the course are expected to generate rapid speeds/descents on gravel bikes.
  - o Specifically, the CR46 and CR52 portions of the course are an area of increased concern, due to steep descents ending in sharp turns. EMS Unlimited resources will be present at those earlier spots in the courses to reduce response times.
  - o
- **Course Hazards**
  - o **TBD as courses are being finalized**
  - o Event will issue rider helmet mandate.
  - o SBT GRVL will attempt to spray chalk any hazards on course that are difficult to see.

### Event Medical Solutions Unlimited



- **Rider Ability** – Most participants are expected to have at least intermediate or greater bike abilities. However, all on-course staff should be prepared to assist anyone showing signs of difficulty navigating technical portions of the ride which may be compounded by fatigue.
- **Fire** - Fire Danger is moderate/high this time of year, varying based on location on course. Riders should be briefed on actions to take in the event of a nearby wildfire. At this point in time no wildfires are burning in the vicinity of this race.
  - Air Quality will be monitored and day-of adjustments will be made
- **Wildlife** - Many species of animals may be present on the route. Riders should be briefed on actions to take should an encounter occur.
  - Rattlesnakes have been reported in and around the “Sleeping Giant”. All event staff and racers must be briefed on common hiding and sleeping locations, sounds to identify snakes and to avoid known snake locations.
    - If a Rattlesnake is spotted EMS Unlimited will not engage and will warn all nearby personnel.
  - Riders are likely to encounter deer and antelope and possibly moose, bears, or mountain lions. Although it is unlikely they will be seen, mountain lions have been spotted on various sections near the course.
  - Riders have been instructed to stay on county roads at all times except for aid station stops. Trespassing on private land is not permitted which should alleviate encounters with ranch animals.

### **Event Medical Solutions Unlimited**



**Communications Plan (this is a copy of the 2023 plan–will update as we communicate with all agencies)**

Medium	Function	Chanel	Reliability/Location	Intended Use
VHF/UH F/ETC				
800 mHz	Primary Safety/Medical	RC Mac	Very reliable within Routt County and programmed region	Communication and management of dedicated EMS/FD/LEO assets assigned to the event
	EMS Response/Transport	RC FIRE 2		Request/coordinate additional EMS resources
	EMS Coordination	NRFPD Tac		EMS Response Coordination within NRFPD
		SSFR Tac		EMS Response Coordination with SSFR
		Oak Creek Tac		EMS Response Coordination with Oak Creek
Cell Phone	Not reliable on course - aid stations mostly have cell service, rest of course is spotty to non-existent Reliable at the finish line and in Hayden			Emergency activation when cell service is present. Communication between on-course and finish line personnel. Race day communication.
VHF	Zone 1 Communications	1	Repeater on Mt. Werner. Course will have dead spots where line of sight is blocked to Mt. Werner (ski area)	Non emergency personnel on course Event Operations and coordination. **Med L will be on “scan”
	Zone 2 Communications	2		
	Zone 3 Communications	3		
	Zone 4 Communications	4		
	Mobile/EMS/SAG Comms	5		
Notes	Medical/Safety Section Chief/ <u>Medical Unit Leader</u> will establish a command area near the SSFR Garage. This will serve as ICP if any incident dictates. The Med L will be supported by Routt County Communications Center. Race Day Safety and Medical Communications will utilize Routt County MAC 800mHz. Each asset assigned to the event will check-in with the Medical Unit Leader, who will use call sign:			
	<b>Ride Command Center</b>  The Medical Unit Leader will be in contact with Ride Command Lead. RC MAC and VHF radios will communicate to appropriate emergency agencies.			

- For races, riders “bib” numbers should be used to monitor participant status and prevent privacy infringements.  
**Names will never be used on a radio. Only Event Staff will issue media statements regarding participant injuries or illness.**
- Instructions for use of Motorola 800mHz radios
  - o Radio etiquette - PROFESSIONAL at all times - many listeners! Short and to the point. Use ONLY for communicating safety and medical necessities - not to be used for generalized operations or non critical needs that can be relayed using cell phones
  - o Channels/zones and buttons
    - On-course staff will ONLY use Zone 1, Channel 1 - RC MAC
      - Medical staff may switch to the applicable TAC channel when needing to communicate with inbound ambulances from the respective Fire Department.

**Event Medical Solutions Unlimited**

**EMS UNLIMITED**

CONSULT - PLAN - TRAIN - STAFF - MANAGE - TRANSPORT - DEBRIEF - IMPROVE

[www.ems-unlimited.com](http://www.ems-unlimited.com) / 1-800-674-7764

- o State the person you are calling call sign, and then your call sign - **WAIT** for a response/acknowledgement from the person you are calling (you should only be speaking to Gravel Command)

**Race Staff Contact Information**

Title	Name	Phone Number	Notes & Race Day location
Ride Command Lead			central communication center
Race Director	Micah Rice	(719) 231-9390	On Course
Medical Unit Leader	TBD	TBD	central communication center
Public Information Officer			central communication center
Public to communicate issues or complaints.	TBD	TBD	central communication center

**Event Medical Solutions Unlimited**

Notification of Proprietary Information or Business Confidential Information: Any and all information contained within will not be disclosed, duplicated, or used, in whole or in part without the expressed written consent of Event Medical Solutions Unlimited, LLC (EMS Unlimited).





**EMS UNLIMITED**

CONSULT - PLAN - TRAIN - STAFF - MANAGE - TRANSPORT - DEBRIEF - IMPROVE

[www.ems-unlimited.com](http://www.ems-unlimited.com) / 1-800-674-7764

### Local hospitals and clinics

Facility Name	Address	Contact	Notes
UC Health/Yampa Valley Medical Center	1024 Central Park Dr, Steamboat Springs, CO 80487	+19708791322	ER and Hospital, Trauma Level 3, has helipad
UC Health Urgent Care	1600 Mid Valley Dr Unit A, Steamboat Springs, CO 80487	+19708719770	Urgent Care; Sunday 8 AM–6 PM
The Memorial Hospital	750 Hospital Loop, Craig, CO 81625	+19708249411	ER and Hospital, Trauma Level 4, has helipad
Rapid Care – Memorial Regional Health	2020 W Victory Way, Craig, CO 81625	+19708268300	Urgent Care (CLOSED SUNDAYS)

### Dedicated medical resources on course + contact information

Shift Times	Total hours	Role	Phone #	Required Skill	Assigned Post	Assigned Staff
TBD	TBD	Med Unit Leader			Command	
TBD	TBD	Paramedic			Finish	
TBD	TBD	EMT			Finish	
TBD	TBD	EMT			Finish	
TBD	TBD	EMT-IV		Moto	On course	
TBD	TBD	EMT-IV		Moto	On course	
TBD	TBD	EMT		UTV	On course	
TBD	TBD	ALS Ambulance	North Hwy 40 (north of black course)			TBD
TBD	TBD	ALS Ambulance	Hayden & West Route			TBD
TBD	TBD	ALS Ambulance	South Route, Oak Creek			TBD
TBD	TBD	CPR/First Aid	Each Aid Station will be supplied with 1 AED plus an assigned team member with a least 1 First Aid CPR certified attendant			TBD

### Event Medical Solutions Unlimited

Notification of Proprietary Information or Business Confidential Information: Any and all information contained within will not be disclosed, duplicated, or used, in whole or in part without the expressed written consent of Event Medical Solutions Unlimited, LLC (EMS Unlimited).



### Aid Station First Aid/CPR Attendants

Shift/Aid Station	Time	Location	Name	Ph & email

### Additional on-course and/or on-call resources

utilize RC MAC while on-course or responding to an Incident Within an Incident (IWI)

- North Routt Fire Protection District - NRFPD - Station 3
  - BLS Transport capable ambulance in Clark
    - Routt County Communications will be notified by Event Medical Unit Leader if transport/ambulance response is requested within their AOR
- Steamboat Springs Fire and Rescue (SSFR) - Station 6
  - ALS Transport capable ambulances - not dedicated
- Oak Creek Fire Protection District (OCFPD) - Station 8
  - ALS or BLS Transport capable ambulance in Oak Creek
- Steamboat PD:
  - Lincoln St all day—helping riders at start with the left hand turn from 12th onto Lincoln, and then protecting our lane between 13th and 12th on the finish.
- Routt County SO
  - Two Sheriff's Deputies at intersections of CR27 and CR29 near Oak Creek
- Colorado State Patrol (CSP)
  - Two Colorado State Patrol officers on SR40 in the Milner area—one where riders get onto SR40 from RCR44 and one where riders take a left off of SR40 onto RCR179
  - One Colorado State patrol officer on SR40 at intersection of CR52
- Oak Creek PD
  - Darin Christense 970-367-3444
- Medical Volunteers
  - UCHHealth volunteers will be at each aid station supporting riders as first responders
- Moto Safety and Marshals
  - 6 Safety Motos will be equipped with radios and will report safety/medical issues in addition to relaying racer location updates. Approximately 20 corner marshals are also on course to assist.
- Event Course Directors and Support
  - Course Director plus 3 SBT course staff will be equipped with radio's, moving throughout the course, providing updates and assistance as needed.

### Event Medical Solutions Unlimited



- 3 vans acting as SAG: One at Aid 1, one in Hayden, one starting around 8am as traditional SAG Sweep.

## **Generalized Response Plan:**

- Injuries and on-course incidents are predicted to be reported in the following manners:
  - Rider(s) - encounter a fellow rider with an injury or illness
  - Rider - experiences an injury or illness and uses cell phone to call 911 or phone number on the back of rider plate number
  - Staff - encounter a rider with an injury or illness
- All methods of incident reporting will funnel to the Medical Unit Leader
  - Routt County Dispatch will relay all 911 calls to Gravel Command
  - The Medical Unit Leader will dispatch appropriate resources to the incident
- For minor injuries/illnesses - the first arriving medical representative will attend to minor injuries appropriately
  - Radios will be used to communicate needs for additional resources.
- Contact the Medical Unit Leader when needed.
  - Follow ambulance criteria listed below when requesting transport.
- Routt County Communications will be contacted by Gravel Command on RC Fire 2 to request external response/support.

## **Event Medical Solutions Unlimited**



## Zones and movement plan for EMS resources:

- Moto 1 - Follow large Peleton of lead Black route, dropping back to monitor areas above and near Hayden as ride progresses.
  - After reaching Cow Creek, ride back and forth on Cow Creek to monitor end of all courses
- Moto 2 - See below for patrol of miles first part of course for all distances (CR44, CR46)
  - As riders move from north to south, patrol emphasis will move with bulk of riders
- **Known Hazard Areas that will have assigned EMS resources to patrol:**
  - **Miles 10 - 23 (Moto 2 patrol this area until cleared by SAG, est. 0645-1030)**
  - **Miles 62-75 Black course (UTV to patrol this area until cleared by SAG, ets. 0800-1600)**
- UTV 1 - See above for initial assignment and patrol area. After riders clear mile 67 (Hayden), patrol emphasis will be on CR37 from mile 67 to 101 (black course and blue course riders)
  - UTV will carry at least 10 gallons for gasoline for UTV and Moto refuel needs
- MTB & E-Bikes
  - The Medical Unit Leader will direct patrol sections as the day progresses. Initial patrolling will take on all sections of course that are 10 miles in latitude north of Highway 40.

## Air Evacuation

Many portions of the event course will have delayed access to patients due to remote country roads. Air Evacuation will be requested by the first 911 agency to arrive on scene. Helicopter considerations are as follows:

- Use pre-established protocols for helicopter activation/request when possible.
- Landing zone preparation should include an inspection for potential Flying Objects and Debris (FOD), be prepared for large amounts of blowing dust, and anticipate possible LZ brownouts.
- Do not approach aircraft unless directed so by the helicopter crew.
- Transport Destination will be at the discretion of the flight crew.

## Coordination of Medical Treatment Protocols

All licensed healthcare providers at the event will adhere to EMS Unlimited Healthcare Provider EMS Protocols

- On-course EMS Unlimited providers will be equipped with BLS supplies adequate for assessment, treatment and stabilization of anticipated traumatic injuries contained within a large backpack and an AED.
- All on site providers from EMS Unlimited will be licensed by the state of Colorado
- Each Aid Station will be staffed with a CPR/First Aid individual who is supplied with a First Aid kit and an AED.

## Planning in the event additional resources are needed

- Additional emergency resources will be requested and coordinated by on-scene personnel/agencies as determined by location, severity of patient condition and number of patients.
- Guidelines for making a call for Ambulance Transport (911) - Call for Ambulance Transport/Rendezvous is to be initiated any time the medical or transport needs of a patient(s) cannot be met by EMS Unlimited. Ambulance transport/intercept is mandatory for the following patient categories: When the patient is a minor and a verified parent or adult guardian is present they will be informed of your requirement to activate and emergency response - if the parent/guardian adamantly refuses 911 you may use your discretion to do what is best for the patient. A PCR should be completed for each of these instances and an AMA refusal if the patient refuses activation of an emergency response.
  - i. ALS is required
  - ii. Altered Mental Status
  - iii. Chest pain
  - iv. Any patient with abnormal vital signs
  - v. Head injuries, altered level of consciousness, decreasing level of consciousness, and/or any possibility of loss of consciousness.
  - vi. Analgesia needed
  - vii. Any possible fracture
  - viii. Any complaints of pain with associated neurological deficits such as but not limited to Paresthesia, loss of sensation, decreased motor function and/or decreased distal circulation

## Event Medical Solutions Unlimited



**EMS UNLIMITED**

CONSULT - PLAN - TRAIN - STAFF - MANAGE - TRANSPORT - DEBRIEF - IMPROVE

[www.ems-unlimited.com](http://www.ems-unlimited.com) / 1-800-674-7764

**EMS Unlimited planning/scheduling/logistics:**

**SUNDAY 8/18 - SCHEDULE, ROUTES, & RACE DAY LOGISTICS**

- **Summary timeline for EMS Unlimited staff:**
  - 0545 - on course staff meet Ops at Steamboat Airport
    - Moto 1 & 2 + UTV
    - E-bike/MTB - all
  - 0600 - All on course staff are unloaded, motors running and staged at:
    - <https://goo.gl/maps/AXfpUjUSi6yqtWgbA>
  - 0630 - EMS Unlimited finish line tent is set up along with Gravel Command
- **Directions:**
  - **Headquarters (HQ)** - Race Start/Finish Expo area will be located between 11th and 12th Street on Yampa Street in downtown Steamboat Springs. Parking will be limited to side streets on race day, please plan on walking to HQ.
  - **Aid Stations: TBA when routes are approved**

**Event Medical Solutions Unlimited**

Notification of Proprietary Information or Business Confidential Information: Any and all information contained within will not be disclosed, duplicated, or used, in whole or in part without the expressed written consent of Event Medical Solutions Unlimited, LLC (EMS Unlimited).



**EMS UNLIMITED**

CONSULT - PLAN - TRAIN - STAFF - MANAGE - TRANSPORT - DEBRIEF - IMPROVE

[www.ems-unlimited.com](http://www.ems-unlimited.com) / 1-800-674-7764

---

## ROUTES, ROLES & AID STATION SPECIFICS

- **Routes:** (from Ride with GPS - please download to your smartphone): **These Routes will become live after Permit process**

GRVL BLACK ROUTE: <https://ridewithgps.com/routes/45866509> (125 miles)

GRVL BLUE ROUTE: <https://ridewithgps.com/routes/45866552> (100 miles)

GRVL RED ROUTE: <https://ridewithgps.com/routes/45866623> (57 miles)

GRVL GREEN ROUTE: <https://ridewithgps.com/routes/38513277> (37 miles)

### **Event Medical Solutions Unlimited**

Notification of Proprietary Information or Business Confidential Information: Any and all information contained within will not be disclosed, duplicated, or used, in whole or in part without the expressed written consent of Event Medical Solutions Unlimited, LLC (EMS Unlimited).



**EMS UNLIMITED**

CONSULT - PLAN - TRAIN - STAFF - MANAGE - TRANSPORT - DEBRIEF - IMPROVE

[www.ems-unlimited.com](http://www.ems-unlimited.com) / 1-800-674-7764

---

## EMS Supply & Packing List

- Rental Truck
- Honda Moto
- KTM Moto
- Tent and full tent kit + Medications, EKG and IV
- EMSU01 ambulance - ICP
- 3 800mHz radio's
- Gas cans for UTV
- 1 Mega Bag
  - UTV
- 5 BLS Bags
- 2 IV Kits
- 3 AEDs
  - UTV
  - Motos
- Aid Station First Aid Kits x6

### **Event Medical Solutions Unlimited**

Notification of Proprietary Information or Business Confidential Information: Any and all information contained within will not be disclosed, duplicated, or used, in whole or in part without the expressed written consent of Event Medical Solutions Unlimited, LLC (EMS Unlimited).











