

# Austin Duathletes

## EVENT INFORMATION

Event Name: Protest Duathlon

Date: Sunday August 17, 2008

Location: Williamson County Park, Leander, TX

### Event Description:

This event is a duathlon (run, bike, run) event. The run portions of this race will take place inside the grounds of Williamson County Park. The bike leg will require participants to leave the park and travel a looped course on Williamson County roads (see bike route below).

### Event Approval:

The Austin Duathletes have attained permission to use the park from Benita Bonner, the Williamson County Parks & Recreation Department Administrative Specialist/Scheduler/Planner.

In addition, we have obtained bike course approval via Lt. Michael Gleason. Lt. Gleason has advised three (3) officers for traffic control on the bike course.

### Bike Route:

The bike route will leave the park and turn LEFT on to CR 175 (Sam Bass Rd) to 1431 and turn RIGHT to Ronald Reagan BLVD and turn RIGHT to CR 2243 and turn RIGHT to CR 176 and turn RIGHT. Follow CR 176 to CR 175 and turn RIGHT. Follow CR 175 back to park entrance. Turn LEFT into park.

To view the bike route on Google Maps, please go to:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=112780793187541593524.00044ed9ab60715d155d8&ll=30.562945,-97.772291&spn=0.07701,0.160675&t=h&z=13>

### Bike Route Safety:

To ensure the safety of the participants, police officers will be stationed at the intersection of 1431/Ronald Reagan BLVD and 2243/Ronald Reagan Blvd. The third officer will be stationed at 1431/Sam Bass. Volunteers will be stationed at all roads that intersect the route. This includes the following roads:

- CR 272 (at 1431 & Ronald Reagan)
- CR 179
- CR 177
- CR 175 & 2243
- 2243 & CR 176
- Patricia Rd
- Deer Draw Rd

# Austin Duathletes

- CR 176 & CR 175

In addition to the volunteers at the intersections, we plan to have a minimum of three (3) motorcycles on the course. One will lead the cyclists on the course, one will follow behind the last cyclist, and the third will sweep the course for injured or stranded cyclists. A support vehicle will also be present on the course to pick up stranded cyclists with flats or other mechanical problems.

## Medical:

The local ER and fire station will be notified of the event in case of any emergency. Medical staff will be onsite to assist with any minor injuries.

A more detailed safety plan is provided below.

## RACE SAFETY PLAN

### 1.0 Introduction

The following safety plan includes procedures and processes that will be followed in order to eliminate, minimize or isolate the physical hazards to all competitors, club members and officers. The race safety plan is designed to meet the safety requirements for USA Triathlon (USAT) sanctioning.

The safety plan will be shared with race officers and volunteers. An appropriate safety briefing of the event officials and competitors will be given prior to the start of the race.

**Participation** – Participation is open to all healthy, properly trained competitors whose registration includes a USAT membership or 1-day race license.

**Race Start** - A wave start will see all competitors race begin the course at staggered time. All competitors will start and finish at the same point.

**Race Personnel** – The Austin Duathlete Club is the host, with personnel from AD club members and local volunteers. The race is under the direction of the following:

Event Director: Brianna Smith  
Safety Officer: Phil Carmichael  
USAT Official: TBA

### 2.0 Facilities

The race will be hosted at the Southwest Williamson County Regional Park. The park provides 2 bathroom facilities with numerous toilets; additional port-o-johns are not necessary. There is ample parking for volunteers, competitors, and spectators. The park provides a closed run course and one park entrance allowing race personnel to easily control traffic in and out of the park for safety.

# Austin Duathletes

## 3.0 Equipment

Competitors are expected to bring their own equipment for use. A local bike shop will provide bar ends to participants if they are missing on their bike. Helmets and bikes will be checked by the USAT official and volunteers for compliance prior entrance into transition. Damage to equipment will be at the risk of the competing clubs, and competitors with faulty equipment will not be eligible to compete.

## 4.0 Identified Risks

The following risks associated with the race have been identified:

### 4.1 Personal:

- Over Use Injury
- Broken Limbs
- Exhaustion/Dehydration
- Bike collisions
- Sunburn
- Traffic accident

### 4.2 Equipment

- Bike collision damage

### 4.3 Environment

- Car Accidents
- Heat illness
- Dehydration
- Sunburn

## 5.0 Prevention Planning

### 5.1 Bike Course Safety

The bike creates the most opportunity for accidents. The following tasks will be completed to ensure the safety of the participants while on the bike course:

- One lane of traffic and a wide shoulder will be closed to traffic for cyclists
- Cones will mark lane closures and signs warn motorists of cyclists
- A looped course will be utilized
- Cyclists will be warned of any sharp turns or busy intersections at the race meeting prior to the event start
- All intersections with a stoplight or sign will be controlled by police
- Volunteers will control all other intersections and turns
- A lead motorcycle will be assigned to demonstrate the correct course
- A sag motorcycle will be assigned to sweep the course for stranded cyclists and the last rider
- A truck will be deployed to pick up stranded riders on course
- An additional motorcycle will carry the USAT official

#### 5.1.1 Communication

Communication devices such as two-way radios and cell phones will be provided

# Austin Duathletes

to all race personnel and lead volunteers. A PA system will also be utilized to inform participants and spectators of necessary information.

- The bike course coordinator will be in direct contact with all police, motorcyclists on course, and volunteers at intersections
- Bike course coordinator will be in direct contact with event director

## 5.1.2 Emergency

Trained medical staff will be onsite to assist with any medical emergencies. In addition, the local hospital emergency room will be notified to be on alert. In the event of an emergency, the following will occur.

- First aid supplies will be stocked at the finish line/transition area
- Emergency vehicle will have clear access in and out of the park and will be on alert
- All injuries will require an injury report to be completed and provided to the event director following the event
- There are no bike/run crossovers for this event
- The bike coordinator will be notified by the individual at the scene of the accident and will be alerted to the extent of the injury

### Minor injury:

- The truck will be deployed to pick up the injured participant.
- The injured party can see the first aid provider/medical tent at the finish line/transition area if needed.

### Severe injury:

- Administer first aid, do not move in case of severe injury
- Medical staff will be deployed by the bike coordinator to assist the injured participant
- Event director will be notified by the bike coordinator
- Hospital will be notified; contact emergency contacts
- Truck will be deployed to remove the injured participants bike from the course

### Catastrophic injury:

- Administer first aid, do not move in case of severe injury
- Medical staff will be deployed by the bike coordinator to assist the injured participant
- Event director will be notified by the bike coordinator
- Hospital will be notified immediately; contact emergency contacts
- Truck will be deployed to remove the injured participants bike from the course

## 5.1.3 Prevention Procedures

- A safety meeting will be held prior to the race for all participants
- All bikes will be checked for bar ends prior to entrance into transition
- All volunteers and personnel will be briefed of emergency procedures prior to arrival of participants

## 5.2 Run Course Safety

# Austin Duathletes

The following tasks will be completed to ensure the safety of the participants while on the run course:

- Participants will run on a closed course with no risk from traffic
- Cones and spray paint will mark hazards on course
- A looped course will be utilized for run #1; an out and back course will be used for run #2.
- Runners will be warned of hazards at the race meeting prior to the event start
- Volunteers will control all intersections and turns
- A lead rider will be assigned to demonstrate the correct course
- A sag rider will be assigned to sweep the course for stranded runners and the last runner
- There are no bike/run crossovers on this course
- An aid station will be placed at the transition exit and on the course at the 1.5-mile mark

## 5.2.1 Communication

Communication devices such as two-way radios and cell phones will be provided to all race personnel and lead volunteers. A PA system will also be utilized to inform participants and spectators of necessary information.

- The run course coordinator will be in direct contact with all police, riders on course, and volunteers
- Run course coordinator will be in direct contact with event director

## 5.2.2 Emergency

Trained medical staff will be onsite to assist with any medical emergencies. In addition, the local hospital emergency room will be notified to be on alert. In the event of an emergency, the following will occur.

- First aid supplies will be stocked at the finish line/transition area
- Emergency vehicle will have clear access in and out of the park and will be on alert
- All injuries will require an injury report to be completed and provided to the event director following the event
- The run coordinator will be notified by the individual at the scene of the accident and will be alerted to the extent of the injury

### Minor injury:

- An ATV will be deployed to pick up the injured participant.
- The injured party can see the first aid provider/medical tent at the finish line/transition area if needed.

### Severe injury:

- Administer first aid, do not move in case of severe injury
- Medical staff will be deployed by the run coordinator to assist the injured participant
- Event director will be notified by the run coordinator
- Hospital will be notified; contact emergency contacts

### Catastrophic injury:

- Administer first aid, do not move in case of severe injury

# Austin Duathletes

- Medical will be deployed by the run coordinator to assist the injured participant
- Emergency personnel will be notified
- Event director will be notified by the run coordinator
- Hospital will be notified immediately; contact emergency contacts

## 5.2.3 Prevention Procedures

- A safety meeting will be held prior to the race for all participants
- All volunteers and personnel will be briefed of emergency procedures prior to arrival of participants

## 5.3 Transition Safety

The following tasks will be completed to ensure the safety of the participants while in transition:

- There are no run/bike crossovers
- The area will be closed off from spectators via fencing and banners
- Volunteers will help control flow and spectator traffic
- An aid station will be placed at the transition exit

### 5.3.1 Communication

Communication devices such as two-way radios and cell phones will be provided to all race personnel and lead volunteers. A PA system will also be utilized to inform participants and spectators of necessary information.

- The run course coordinator will be in direct contact with all police, riders on course, and volunteers
- Run course coordinator will be in direct contact with event director

### 5.3.2 Emergency

Trained medical staff will be onsite to assist with any medical emergencies. In addition, the local hospital emergency room will be notified to be on alert. In the event of an emergency, the following will occur.

- First aid supplies will be stocked at the finish line/transition area
- Emergency vehicle will have clear access in and out of the park
- All injuries will require an injury report to be completed and provided to the event director following the event
- The transition coordinator will be notified by the individual at the scene of the accident and will be alerted to the extent of the injury

#### Minor injury:

- The injured party can see the first aid provider/medical tent at the finish line/transition area if needed.

#### Severe injury:

- Administer first aid, do not move in case of severe injury
- Medical staff will be deployed by the transition coordinator to assist the injured participant
- Event director will be notified by the transition coordinator
- Hospital will be notified; contact emergency contacts

# Austin Duathletes

## Catastrophic injury:

- Administer first aid, do not move in case of severe injury
- Medical staff will be deployed by the transition coordinator to assist the injured participant
- Emergency personnel will be contacted immediately
- Event director will be notified by the transition coordinator
- Hospital will be notified immediately; contact emergency contacts

### **5.3.3 Prevention Procedures**

- A safety meeting will be held prior to the race for all participants
- All volunteers and personnel will be briefed of emergency procedures prior to arrival of participants

### **6.0 Inclement Weather**

In the event of inclement weather, the event will be postponed until the danger has passed. If the weather is too dangerous to bike, the race will become a 3-mile run. If the weather is too dangerous to run, the event will be cancelled.