

Accidents and Emergencies

Updated: November, 2007

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In 2007, the total mileage ridden by all Racers and Teams was approximately 200,000 miles. In the course of riding that many miles by anyone, they are bound to have a few accidents. Accidents happen and people get hurt and with that many miles it's likely something will happen on RAAM. It's the job of the Race Management Team is provide safety guidelines and rules and it's your job as Crew to act upon them. Safety is always top priority.

So what should you do if you have an accident or an emergency? Some of this material may be obvious, but it's worth repeating so you can be safe.

First, you will need to evaluate who is injured and how badly. If you have a team doctor or nurse and they are nearby they should be the ones to do an evaluation. You may need to consider calling 911 for emergency services, such as police or ambulance. Depending on what happened and the seriousness of the injury you may have to go to a medical center or emergency room for treatment (broken bone), or it might be minor (a sprain) and your Crew can help.

For all serious injuries and accidents you must call Race Headquarters, a Race Official, or the Race Director and let them know what happened. We want to be aware of what happened and provide any assistance if we can.

You should consider evaluating what happened and what, if anything, your Team can do different to prevent it from happening again. Maybe nothing. If there is something, it's worth considering a change in Team protocol to improve safety.

If necessary, get your Team together and work out a new plan. This might be adjusted shifts for Racers or Crew. It might mean someone is going home. It might mean calling in someone at the last minute to replace a Crew member.

As always, a basic First Aid Kit is useful for everyone.

Accidents are unfortunate. As with many parts of the race, it's how you respond that makes the difference in how the race goes. Be safe.