

2019 Honolulu Marathon

Medical Aid Station

Volunteer Information

Please Bring

Sunscreen, beverages, and snacks. Folding chair and umbrella are highly recommended in cases of long wait-time between runners and inclement weather. There will be no place to securely store belongings, so small bags or fanny packs that you can wear are highly recommended.

A light breakfast (for early morning volunteers) and/or light lunch (for late morning volunteers) will be provided by your Station Captain. If you have a strict diet, please feel free to bring your own meal and snacks.

Medical volunteers, please bring a **stethoscope**, a watch (to take vital signs if trained to do so), and blood pressure cuff(s) or kit(s), if available. **NOTE:** *Mark your name on all personal items.*

Parking & Shuttle Service to Aid Station

On race day, roads will be closed to vehicular traffic on the following schedule:

<u>Location</u>	<u>Time of Road Closure</u>
Iolani Palace to Kahala area (Stations #1, 2, 3, 12, 13)	4:15 AM
Fort Ruger Triangle Park to Hawaii Kai (Stations #4 through 11)	4:30 AM

Please allow ample time to locate parking around those areas. After the above times, if you cannot reach your station, please use the Marathon shuttle system described below to get to your designated areas.

Shuttle service will begin at **3:00 AM** at **Kapiolani Community College (KCC) Parking Lot B** (on **Diamond Head Road**, nearer to church ... see the attached map of the shuttle service location). If using the shuttle service, please be at Kapiolani Community College **AT LEAST 1 HOUR PRIOR** to your scheduled work time. Look for the **MARATHON VOLUNTEER** banner. Inform the dispatcher of your Aid Station number. Shuttles can return you to KCC when you are done. When you are ready to leave your station, please alert your Station Captain to call the shuttle for you.

Weather

The race will be held rain or shine. Only in the most extreme conditions (i.e., hurricane) will the race be cancelled. If the condition seems to approach that level, please call your Station Captain for more information.

Communication System

This year's marathon will primarily use Motorola Walkie Talkies, HAM radios controlled by licensed HAM radio operators will be secondary, and cell phones will be tertiary. Please let your Station Captain know of any urgent request, so he/she may place the call. This will ensure that lines of communication are kept open for emergencies only.



Medical Aid Station Leadership

Your **Station Captain** is listed on your confirmation form and should be able to answer most of your questions. **Keep your Station Captain informed of any problems or concerns you may have.** Station Captains will be taking attendance and distributing volunteer t-shirts and hats on race day. Water refreshments can be taken from the Thirst Aid Station.

If you have questions on the type of care given to any runner, please contact **Dr. Jeff Tash, Medical Director** via walkie talkie. He is located at the Station #13 Finish Line medical tent.

Prior to race day, if you have any questions or concerns, please call your Station Captain or Michelle Hashimoto at (808) 741-5854.

Japanese Translators

As you may know, a great majority of runners are from Japan and may speak ONLY Japanese. To aid you in providing proper medical treatment, Japanese translators will be available at each medical station throughout the race at our first aid tents.

Please welcome them accordingly. Please be patient with our translators as they are not medically trained and will try their best to convey your message appropriately. **SPECIAL REQUEST:** Please speak S-L-O-W-L-Y to your translators.

Marathon Vehicles

Vans

We will have seven (7) shuttle/medical vans roaming the course during the race. Four (4) mini buses rotating to the Finish Line will be staged nearby Zippy's Kahala and at Niu Valley Shopping Center.

Each of the three zone leaders will be located in a van containing extra supplies. Along with resupplying the basic medical supplies, each van will pick-up runners who are not seriously injured but are unable to complete the course either because of exhaustion or relatively minor injuries. When the race concludes, runners still on the course will have the option of being driven back to the Finish Line in these vans. **Please inform all runners that if they are transported to the Finish Line by vehicle, for whatever reason, they will not be brought back on the course to complete the race.**

<u>Zone</u>	<u>Area</u>	<u>Stations</u>
1	Waikiki area	#1, 2, 3, 12, 13
2	Kahala area	#4, 5, 10, 11
3	Kalaniana'ole	#6, 7, 8, 8A, 9

Ambulances

There will be five (5) ambulances dedicated to the marathon throughout the course. If an ambulance is needed, contact your Station Captain with:

1. the **EXACT LOCATION** of the runner
2. his/her **RUNNER NUMBER**
3. **NATURE OF PROBLEM**

Medical Supplies & Equipment

All stations will be provided with an AED (defibrillator) and basic medical supplies including bandages, vaseline, tongue blades, tape, gauze, sponges, tampons, gloves, alcohol swabs, mylar blankets, CPR one-way valve shields, and zip lock bags for ice bags. Ear thermometers and IV solution will be available at select stations. There will be one (1) or two (2) cots per site. If you need more supplies, please let your Station Captain or Zone Leader know.

Medical staff are recommended to bring personal stethoscopes, blood pressure cuffs or kits, and folding chairs as these items will NOT be provided.

Tent Shelter

A 10' x 10' tent will be provided at all stations; however, the tent is primarily for our participants' medical care.

Vests

Because a great number of runners are Japanese, a FLUORESCENT GREEN medical translator vest will be provided to you by your Station Captain on event day.

Most medical volunteers will be provided WHITE vests with a red cross on it.

Closing Down of Medical Aid Stations

You are expected to remain at the station during your committed time as listed on your CONFIRMATION SHEET enclosed. This will ensure that we maintain a safe race for all runners ... even the stragglers.

The Finish Line Medical Tent is anticipated to close at about 3:30 PM. Outlying inbound first aid stations will be open until about 6:00 PM. Ambulances will remain at the Finish Line until the Finish Line closes at around 8:00 PM.

What am I supposed to do?

What we ask of our medical team is to provide basic first aid at the outlying medical aid stations #1 – 12. Station #13's Finish Line Medical Aid Station will



provide care for our most critical cases, a few of whom may be taken for further care by ambulance to the hospital. Please inform your Station Captain if shuttle vans or ambulances should be called for emergent cases, so that we may continually track the runners as they leave the course.

Most of your duties will involve blisters, cramps, strains, sprains, abrasions, dehydration, and hyperthermia.

You ARE ALLOWED to pull runners off the field **ONLY IF** they are in imminent danger of injuring themselves or others and are not capable of making their own decisions (i.e., delirious). Be conservative and use common sense.

The following are examples of how to treat certain conditions.

Blisters If the runner has finished running, encourage him NOT to take off his socks until he gets home. It is tough to keep open blisters clean under field conditions without new socks to change into. If the runner is going to continue, try to grease the area with petroleum jelly and put a thin protective coating (i.e., bandage, gauze, tape) to reduce further friction. At home, the blister should not be opened if it is not broken. If it is open, use soap and water, then apply petroleum jelly or antibiotic ointment followed by a dry dressing.

Cardiopulmonary Arrest In the extremely rare episode of cardiopulmonary arrest, your primary duty will be to sustain these individuals until emergency help (i.e., paramedics) can get there. Have your Station Captain or anyone available call for an ambulance ASAP! AEDs are located in each of the 7 roving medical/volunteer shuttle vans, 2 at the Finish Line, and with each Honolulu Police Department officer.

Cramps Stretch the affected extremity and ice down. Put ice in Ziploc bags provided.

Strains and Sprains Rest, ice down, and elevate affected area.

Dehydration Encourage fluid intake. Put a cup in the hand of the runner when he/she comes into the first aid area. If runner cannot hold down fluids and is dehydrated, start the IV. Watch out for **HYPONATREMIA** ... consumption of too much water (see note below).

Race rules state that once someone has IV fluids on the course, they are disqualified from the race and must be evacuated back to the Finish Line/MASH tent. You will get an IV replacement from the vans or ambulance when the runner is evacuated from the medical aid station.

HYPERThermia Be suspicious of this problem as it may not be apparent. A runner may present with goose bumps and cold, clammy skin. If he/she is indeed hyperthermic, give runner something to drink if he/she is able. Ask your Station Captain to call the Finish Line Medical Aid Station #13 for further instructions or possible transport to the Finish Line.

HYPONATremia Be careful regarding possible hyponatremia cases where people consume too much water. Do not push fluids unnecessarily. If you suspect hyponatremia, provide fluids only if a participant is thirsty.

HYPOThermia Hypothermia has been observed in previous Honolulu Marathons but usually only on rainy and windy days. The Marathon will provide an ear thermometer and mylar survival blankets at select stations. Mylar blankets are for the hypothermic, not for those who are just feeling chilly.

If runners are suffering **chest pain** and **dyspnea**¹, you may advise them to withdraw from the race and offer to call an ambulance on their behalf. If his/her condition appears extreme and he/she chooses to continue with the race, report their runner number over the ham radio for tracking purposes. As much as possible, we want to inform latter stations of the particular runner's impending arrival so they may help monitor his/her condition.

In addition, if a fracture or ruptured ligament is a possibility, advise them to withdraw. *As mentioned earlier, **the final decision to withdraw must be theirs to make.***

It may be helpful to know how to make garbage bag raincoats and garbage bag blankets as weather is always a factor in December.

What am I NOT supposed to do?

- **DO NOT PROVIDE MEDICATIONS**
Runners may be allergic to certain medications. They may bleed from ASA or NSAIDs. They may suffer renal failure from acetaminophen. It is ok for runners to administer their own medications.

¹ Dyspnea is defined as an uncomfortable awareness of breathing. It is a subjective experience involving many factors that modulate the quality and intensity of its perception ... Patients use a host of different words and phrases to describe the sensation of breathlessness. Terms such as tightness and suffocating are sometimes used. (excerpt from www.webmd.com)

- **DO NOT ENCOURAGE PEOPLE** when they should not be encouraged. If runners are vomiting blood, have chest pain or shortness of breath, or any other symptoms that may lead to other more serious results, please advise them of their condition; however, let them make the final choice of continuing or leaving the race. Runners transported to the Finish Line by vehicle, for whatever reason, will not be brought back on the course to complete the race AND they will **NOT** be considered a **FINISHER**.
- **DO NOT BUY SUPPLIES** from stores or pharmacies. We will try to supply you with sufficient material to provide first aid. Have your Station Captain contact your Zone Leader FIRST, so depleted supplies can be replaced ASAP via the roving medical/volunteer shuttle vans.

Helpful hints:

Petroleum Jelly

In the past, the petroleum jelly inventory depleted quickly. It is ok to give runners the jelly on a tongue blade. *Please bear in mind that the Japanese have a sports supplement that looks just like it and have a tendency to eat it. Signs will be available that state “Do not eat this” in the Japanese language.*

Petroleum jelly is really intended for use with blisters and in small quantities for chafing. **DO NOT** hand it out on a tongue blade if you are down to the last jar. Reserve it for blisters and chafing upon request.

Tape and ACE Wraps

All runners will have sore legs, joints, ankles, and feet. Half of them will want to wrap up some extremities to make them feel better. Wrapping their extremities with lots of tape or ACE bandage wraps will not cure their pains. In addition, many long distance runners say that wrapping does more harm than good. So, please be conservative or do not wrap at all. Reserve ACE wraps and tape for the more severely injured.

Mahalo for your kokua. If you have suggestions, questions, or comments, please contact your Medical Team leadership:

Michelle Hashimoto **Asst to the Medical Director** **(808) 741-5854**
honolulumarathonMED@gmail.com

Dr. Jeff Tash **Medical Director**