

# Nordic Events

Description of various nordic events we attend to and relevant information for organizers.

- Marsh Lake Loppet

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## Date and time

## Maps and contact info

Copies of the maps and phone numbers are attached as well as at the ski base at Mt. MacIntyre. Please see the map for the location of the station numbers (S1,S2, etc) I refer to below. I will leave copies for all of you either with the gear in the pb shed or in the locker in the slot beside the first aid drawers where the AED normally lives.

## Toboggan and other CSP gear

The toboggan, O2 in the blue pack, AED, trauma kit, blankets and slow down signs are piled up for you in the pb shed to be taken out to the race. I also included a little bag of swag which you can give out as you see fit to kids, helpers, etc. When you come back, the toboggan, bag of blankets and trauma kit can go back into the pb shed, the O2 goes into Ben's office and the AED and slow down signs goes back into the locker.

**Race:** Drive out to Marsh Lake and turn right into Doehle Drive to be at the Marsh Lake Community Centre (MLCC)/ S1 by **11:15**. Highway and parking lot gets very busy. Ski Patrol to meet with Chief of Race Shirley at **11:30** at the MLCC. Kids race on the 2.5 km loop around Bob lake starts at 12:15 and Adult race on the 10 and 20 k course starts at 1.

Toboggan, O2, AED plus some extra blankets can get attached to the snowmachine which is assigned to ski patrol. It will be located at S2 which is the race start. Leave the ski harness with it tied down. If it's cold, then find somewhere handy to leave the O2 and AED so it stays warm. The trauma kit can be placed somewhere accessible as well. We can get you 2 radios (I will confirm this with Amanda) so that patrol 1 and 2 can communicate. Otherwise the radios don't reach between S2 and S5. You will need to use cell phones on the course.

**Patrol duties:** You guys can figure out the final duties and who goes where but here is the plan.

Patrol 1 follows and sweeps the kids 2.5 k race. There is a trail marshal for the 2.5 at S3. Patrol 1 is responsible for staying at S2 and snowmachine-ing the rescue gear to where it's needed on the course or grabbing the gear and driving to S5 if called there. EMS is a quick call away as well. There is a fire built and usually a warming tent on Bob Lake but cold people should be directed to go into the community centre. The MLCC is your treatment site for injuries.

Patrol 2 hangs out at S2 until Patrol 1 returns from sweeping the 2.5 kids race. Patrol 2 then follows the 10 k racers and sweeps the 10 k. S4 is the turnaround for the 10 k race and will have 2 trail marshals.

Patrol 3 to drive to S5 on Judas Creek road by 1:15. There are 3 trail marshals here controlling traffic and recording bibs. This is a watering station. You need to hang out here until all the 20 k skiers have come through and back again. You should bring the two csp slow down signs and some blankets. There is no need to sweep the 4.4 k south loop of the Judas creek road (unless someone wants to) as the trail marshals are recording bibs at S5. You can use skis or something to put up the two slow down ski patrol signs at the road crossing. Please retrieve them and the blankets later. There will be warm vehicles at S5 ready to take folks back to the community centre if needed.

Patrol 3 sweeps the 20 k race starting at S5. (or see below...you can go back to S2 and relieve patroller 1)

Patrol 4... this is where you have some flexibility. A patroller is welcome to ski the whole 20 k race as long as someone sweeps both the 10 k and 20 k race.

Other notes: S6 is a recreational stop over where there are opportunities for hanging out and having a shot of a beverage/snacks etc. There is usually a fire here and there is a snowmobile at

this location.

The lookout loop (not sure if that is part of both the 10 and 20 k loops) has some hills and steeper sections on it. Otherwise the course does not have a lot of terrain issues.

Go on into the MLCC to get food when you are done. If you are sweeping the 20 k you might want to get someone to save you something...many small hungry children can clear the food tables...

Let me know when you get back if you drove out to the MLCC so we can get you some gas money. I think its 20 dollars per vehicle.