

Midwest MedWAR 2021

Race Information

Thank you for your registration for the Midwest Medical Wilderness Adventure Race. We will look forward to seeing you October 2nd.

Official event sign in starts at 11:30 am and closes at 1:30 pm at the race Start/Finish at Silver Lake. This is just past the park headquarters (8555 Silver Hill Road, Pinckney, MI 48169). You can find plenty of maps to this on-line using your favorite resource. **You will be responsible for your own park entry fee – volunteers will be reimbursed.**

We have been trying to create a race so that teams are spending the majority of the day out in the woods, running hopefully until after dark. The awards ceremony is after race finish at 9pm. Race banquet will be served at that time as well. Sunset for the 2nd is around 7:15 pm. Plan appropriately and dress for the weather. This race will occur regardless of the conditions outside.

If you are camping, you will be responsible for your own camping reservation and fees but this is reasonably inexpensive and can be most easily arranged by visiting the Michigan DNR web site. There are also campsites available simply by showing up at either the modern (Bruin Lake) or primitive (Crooked Lake) campgrounds. We recommend the Crooked Lake campground.

We expect to have CME credit for 7 hours approved by race day.

We may collect stats on your performance for Q/A, CME, or research purposes. If we do there will be no identifying information attached to any published data. A photographer may be at the race and photos from the race may be posted on-line. Your participation implies consent.

Again, thank you for your interest.

The following pages contain:

1. Mission statement
2. Schedule of events
3. Race overview
4. Specific event rules
5. Volunteer info
6. Gear list
7. The curriculum
8. Contact numbers



Medical Wilderness Adventure Race

Mission:

To provide medical providers with a practical, interactive, and enjoyable curriculum for learning, applying, and evaluating emergency medical knowledge, skills, and techniques in a wilderness setting.

Objectives

Through the MedWAR, participants will...

1. Understand the importance of wilderness medicine for medical providers.
2. Learn about common wilderness medical problems, conditions, and situations.
3. Learn about the knowledge, skills, and techniques necessary for proper management of wilderness medicine.
4. Practice important wilderness medical skills and techniques.
5. Engage in a competitive format for the evaluation of proficiency in wilderness medical skills and techniques.
6. Appreciate the importance of teamwork in the success of wilderness medicine and wilderness activities in general.
7. Understand the importance of proper preparation, planning, and gear in the prevention and management of wilderness medical situations.
8. Understand the importance of physical fitness and its impact on the execution of healthcare provider duties, especially in a wilderness setting.
9. Understand the potential influences and complications of uncontrolled environmental conditions and settings on the management of wilderness medical situations.
10. Develop bonds of collegiality between participants from different schools, hospitals, professions, areas, and backgrounds.
11. Obtain a familiarity with references and resources for self-education and further development of wilderness medical education.
12. Develop a deeper sense of respect for the environment and the need for proper management and conservation of wilderness areas.

Schedule of events

SATURDAY

| | |
|-------------------|----------------------------------|
| 11:30am – 1:30 pm | Pre-race check in |
| 1:30pm - 1:45 | Pre-Race Prep. Captains Meeting |
| 2:00 pm | Race start at Silver Lake beach |
| 9:00 pm | Race finish at Silver Lake beach |
| 9:01pm | Food |
| 9:20pm | Awards ceremony |



AN OVERVIEW

Race Format

The race is self-supported and competitors are expected to either carry their own water or purify it during the course of the race (many lakes available). Any assistance received from the race staff will result in disqualification. Participants must bring items they feel will be necessary to compete (backpacks, medical kits, food, water, medical textbooks, clothing, gear, etc). Racers should carry waterproofed phones.

The race will include both required stations and optional points. The required stations are hands-on challenges that must be done to complete the race. There will be optional orienteering points after the required points are completed. At each orienteering point are medical questions and passwords. There will be a 5 minute time bonus for finding each question (a password is on each question) and a 5 minute time bonus for answering the question correctly. Obviously, the faster you complete the required stations the more time you have to find the checkpoints. Your final time is when you turn in your passbook after crossing the finish line minus any time bonuses you earned from the orienteering points. Be careful to budget your time as crossing the line after the 9pm cutoff will result in your being marked as "did not finish" (DNF).

Specific Event Rules

1. Assistance on the course. Teams are responsible for their own safety. Any unsafe behavior will be immediately addressed. Penalties may range from a simple warning to immediate disqualification at the discretion of the race officials.
2. Adventure racing. Teams must support themselves. There will be no aid stations or mile markers. Race officials will not give directions, information regarding distances, or information about other teams.
3. Assisting other teams. Teams may choose to work together in finding a check point or sharing food and water. Teams may not share required equipment or deliberately mislead other competitors. If a team is noted to be having a true medical emergency (not a planned simulation) assistance must be rendered. The team receiving assistance may be assessed a time penalty. The team rendering assistance will receive a generous time bonus based on the nature of care delivered.
4. Criterion grading. In some instances a minimal level of competency must be demonstrated for the medical or physical challenges. In these cases the team will not be allowed to proceed unless all the critical actions for the station are met.
5. Be prepared to meet the medical challenges outlined in the curriculum. Obviously you will not be tested on all. You may bring reference materials. Teams should be able to complete the course without having to pack extensive packs. Part of the challenge, however, is race preparation. If you have a specific question please call one of the contact numbers and we will answer as well as we are able without giving away any of the events.
6. Random equipment checks may occur during the race. Failure to have the required equipment will result in a time penalty or disqualification.
7. All equipment brought onto the course must be carried throughout the race. No littering.
8. We are guests at the park and have been asked not to bring any alcohol. Please don't.
9. **Always maintain line of sight with your teammates**



Volunteers

We will feed you the entire time. There will be a sunset dinner Friday at the campground and a light breakfast on Saturday. There will be food and snacks out on the course and the post race banquet for dinner that night. Be dressed appropriately for the weather. We will give you a place to pitch a tent if you choose. Simply let us know if you are coming in on Friday or plan to stay over on Saturday. We should have tent space for you if you do not own one but you may need to share (same gender) and you should have your own sleeping bag or bedding.

The volunteer meeting will be at 1:00 pm at the Start/Finish line on Saturday. At that time you will receive your assignments and be taken out on the course. Be prepared to have some down time. A folding chair and a book/study material may be a good idea.

You do not have to stay the entire time but please let us know when you plan to be there.

UTMC students can earn contact time towards the wilderness medicine elective by volunteering. ST V's EM students will get credit for an EMS ride-along.

Volunteers park entry and camping is compensated by race administration

Required equipment

Competitors must carry their equipment throughout the race. Time penalties or disqualifications will be assessed for littering or loss of equipment. All competitors should expect that they and their packs will get wet either from inclement weather or submersion. The air and water temperature in Michigan in October is usually warm enough to be comfortable while exerting yourself but gets cold at night and every competitor must be protected against hypothermia. In order to start the race every team must be carrying:

1. A working light source for each competitor
2. An outer water-resistant shell and waterproofed change of clothing for each team member
3. A compass for each team
4. A whistle for each team
5. A lighter or waterproofed matches for each team
6. A water purification system (filter or iodine tablets)
7. **A Waterproofed and fully charged phone; you will give us the number of the phone you are carrying at race sign in**

Optional equipment

Preparation for this race is an important part of the race itself. Familiarize yourself with the curriculum and be prepared to manage each of those types of wilderness emergencies. You may carry reference materials (books, phone, etc.) but be sure that they are waterproofed. You will not be required to administer actual medications (such as epinephrine for an anaphylactic patient) but you should carry a syringe or vial labeled as such. If you choose to give a medication you should know the dosage and route you are using. Any bandages, needles, suture, etc. should be carried. You will not be allowed to simply say "I would suture this wound", you must be able to actually do it (or close the wound another way)

GPS

We really don't care because we don't think they will help.



The Curriculum

Musculoskeletal Injury Management

- Strains/Sprains
- Dislocations
- Fractures – Splinting, Traction

Soft Tissue Wound Management

- Lacerations
- Burns
- Puncture – with and without embedded objects
- Blisters
- Infection
- Frostbite – Extremity Immersion
- Animal Bites
- Insect Bites/Stings
- Fishhook Removal

Exposure Injury and Condition Management

- Hypothermia – Full-Body Immersion
- Hyperthermia/Heat Stroke
- Altitude/Mountain Sickness
- Dehydration
- Hazardous Materials Exposure
- Poisonings – Injections (Animals, Insects), Ingestions (Foods, Plants, Liquids)
- Contaminated Water/Water Purification
- Food/Electrolyte Deprivation
- Lightning and Other Weather Conditions
- Drowning/River Safety
- Fire Issues – Smoke Inhalation, Fire Safety

Systemic Injury and Condition Management

- Shock
- Respiratory Conditions/Respiratory Arrest (CPR)
- Cardiovascular Conditions/Cardiac Arrest (CPR)
- Neurological Injuries/Conditions
- Pre-existing Medical Conditions – Diabetes, Sickle Cell Anemia
- Diarrhea/Fluid Loss

General

- Ethical Issues in Wilderness Medicine
- Legal Issues in Wilderness Medicine
- Scene Assessment Skills -- Multiple Patients (Wilderness Triage)
- Patient Assessment Skills -- Multiple Injuries
- Pediatric Issues in Wilderness Medicine
- Orienteering
- Medical Kit Planning
- Expedition Gear Planning
- Communication Issues
- Transition-to-Hospital Issues



Contact Numbers

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USE THE CELL PHONE NUMBERS ON RACE DAY

Do not hesitate to call if you have questions. The sooner we know about a problem the more likely we will be able to help

