



MAD RIVER SKI CLUB
Waitsfield, Vermont 05673

MAD RIVER GLEN
SKI IT IF YOU CAN

Northern Vermont Council U10, MW GS, 2/22/2015
p/b Mad River Ski Club, Mad River Glen Cooperative

NVC U10 MW GS
February 22, 2015
Mad River Glen Cooperative
Mad River Ski Club
57 Schuss Pass Road
Fayston, VT 05673

Race Venue: Race Hill (aka Practice Slope)

Contact: Jim Komarmi (race@madriverglen.com)

Entry: Coaches List or email entry

Registration: 7:30-8:30 AM on the third floor of the Basebox

Registration Fee: \$10 (cash or check, please). Athletes can purchase an upgraded lift ticket \$25.

Parent tickets: All mountain tickets are available at the ticket office (next to the General Store) for \$35.

About the Race: Two single run races, bib order determined by random computer draw within each gender. Second run is reverse order within each gender. NVC, VARA, USSA rules apply. A reminder as per NVC rules, GS suits are not allowed at the U10 level. Racers must race in a jacket and full length warm-up pants on the bottom. No GS suit can be showing while racing.

Awards: 30 minutes after race completion. Results will be posted to VARA (www.vara.org)

Please note: Athletes will only be allowed to ski on Lift 4. At the discretion of mountain management the opportunity to ski on the main mountain may be offered. Safety bars must be used when riding the lift. General Stark's Pub is for table service dining only.

Skidders: MRG welcomes uphill traffic before and after operating hours. Individuals skinning during operating hours will be asked to stop.

Proposed Schedule:

7:30	Lift for Jury and course workers
7:30 – 8:30	Registration in General Stark's Pub
8:15	Team Captain's meeting in the finish area
8:30	Practice Slope Chair (Chair 4) opens for coaches and athletes. Athletes are asked to warm up on Cricket, Grasshopper, Eaton's or skiers right on the Practice Slope.
8:30 - 9:20	First run inspection
9:25	Forerunners
9:30	Race: First run, bib order
11:30	Second run inspection
12:30	Second run, reverse bib order within gender
	Awards 30 minutes after the race

Mad River Glen Cooperative - Race Department
Mad River Ski Club

Medical Plan for Practice Slope/Race Hill

Race Venue:

The race venue (Practice Slope/Race Hill) is located on the North side of the base area. The venue and trail is staffed and patrolled by Mad River Ski Patrol. There is a patroller at the start during all races. This is the primary response to an injured athlete. The primary sled cash is located at the top of Lift 4, the Practice Slope/Race Hill. Secondary response can arrive via staffed patrol/first aid locations at Starks Nest and/or the top of the Double. All ski patrol can be contacted via mountain radio, channel 2 or via dispatch at 802-496-3551, ext 110.

Mad River Glen maintains a first aid station and examining room in the Base Area. This facility is used to examine skiers taken off the slopes by Patrol, and here Patrol will determine if a patient needs further attention, either via ambulance (Mad River Valley Ambulance Service) to Central Vermont Medical Center in Berlin, VT (CVMC-35 minute drive, 29 miles), the Fletcher Allen Health Care Clinic at Lincoln Peak (10 minute drive 7.5 miles), or Fletcher Allen Health Care Hospital in Burlington, VT (55 minute drive, 45 miles).

In case of injury:

- [Ski Patrol is contacted either by calling patrol on Mountain Radio, Channel 2; by calling administration/dispatch at 802-496-3551 ext 110; or by informing the patroller at the start.
- [Ski Patrol is notified of the location and nature of the injury.
- [Once on scene, Ski Patrol follows Mad River Glen protocol for patient care, including, but not limited to: first aid, CPR, sled transport and notification of ambulance or helicopter evacuation.
- [Depending on the severity of the injury, the patient will be transported to the base area for evaluation and/or transport to the FAHC clinic (10 minutes away by car, 7.5 miles), CVMC (35 minutes away by vehicle transport, 29 miles), Fletcher Allen Health Care (55 minutes away by vehicle transport, 45 miles) or Dartmouth-Hitchcock (1 hour, 37 minutes by vehicle transport, 85 miles).
- [Helicopter service is provided by D.H.A.R.T (Dartmouth-Hitchcock Advanced Response Team) and is coordinated through Mad River Valley Ambulance Service. Primary landing site is the Mad River Valley Ambulance Service headquarters in Waitsfield, Vermont (8 minutes by vehicle transport, 5.5 miles). Alternative landing sites include Mad River Glen parking lot, and Moretown Elementary School (18 minutes away by transport, 11 miles)

Important Phone Numbers

Mad River Glen Administration/Dispatch (for reaching all patrol stations): (802) 496-3551

Lincoln Peak Clinic: (802) 583-4085.

Mad River Valley Ambulance Service: (802) 496-3600

CVMC: (802) 371-4265, or (802) 371-4100

Race Department Office: (802) 496-3551 ext 126