

# **WORLD ROGAINING CHAMPIONSHIP 2025 - Quintanar de la Sierra**

## **EMERGENCY PROTOCOL**

### **A - Before the Event:**

1. Map: As stated in the International Rogaining Championship (IRC) regulations,
  - a. "The map must have the organization's emergency phone number printed on it."
    - i. Emergency phone number (112)
    - ii. Organization phone numbers: +34 659839169, +34 699634889
  - b. "Article 5.11: Mandatory Equipment: Mobile phone with the organization's phone number and sealed."
2. Hire ambulance and 4x4 service.
3. Meeting with the 112 Emergency Service to inform them about the event (providing all information regarding the area, participants, time, date, types of events, etc.). Share and discuss the map and routes.
4. Hire GPS Service for each team, ensuring the location of all teams is monitored at all times.

### **B - Emergency Team:**

1. WRC Emergency Coordinator:
  - a. Javier Contreras Olalla
  - b. Teófilo Gil
2. Emergency Medical Technicians
  - a. VIR (Fast Intervention Vehicle) - 4x4
  - b. 4x4 Ambulance (trauma care + AED)
  - c. 4x4 and ambulance drivers
  - d. Emergency Medical Staff (medical technicians, nurses, and doctors)
3. 112 Team
  - a. Notify in advance and keep on alert.
4. UCAS DE ARRATE Canine Rescue Team, consisting of:
  - a. Two 4x4 vehicles

- b. One ambulance
- c. 8 dogs trained to rescue and locate people

### **C - Locations:**

1. WRC Emergency Coordinator:
  - a. There will always be a coordinator at the control point (CC) with a mobile phone, fully charged and available with the contact numbers of all emergency teams (4x4, 112). The emergency protocol will always be on hand.
2. Emergency Medical Technicians:
  - a. Ambulance parked at the competition center of the Quintanar de la Sierra campsite.
  - b. 4x4 Fast Intervention Vehicle (VIR) parked at the competition center and periodically visiting key locations such as high altitude areas, intersections, ravines, surrounding villages, etc.
  - c. Emergency medical personnel and the driver at the Competition Center (CC)

### **D - Procedures:**

1. Emergency Team Meeting at 10:00 hours on July 5, 2025.
  - a. Joint review of the accident protocol.
  - b. Distribution of maps and analysis of the main access points to different areas on the map.
  - c. All participants who wish to receive 4 gauze pads, which they will keep glued to their body or in a pocket for 1 or 2 hours. Before leaving, they will place these pads in a plastic bag, indicating their bib number and name on the plastic bag.
2. Options/Situations in case of minor injury:
  - a. The participant walks to the competition center.
    - i. An initial assessment and treatment, if necessary, is provided in the ambulance.
  - b. The participant calls, and the ambulance/4x4 approaches the injured area:
    - i. Assessment and treatment in the ambulance.
    - ii. The participant continues the race, returns on foot, or is transported in case of severe injury.
      - Transport to the competition center or to the Health Center of Quintanar de la Sierra.
        - o Phone: +34 947395500

- o Address: Calle Iglesia 25, 09670  
QUINTANAR DE LA SIERRA
- Transport to the University Hospital of Burgos
  - o Phone: +34 947281800
  - o Address: Avda. Islas Baleares 3, 09006  
BURGOS
- c. If the participant calls and the ambulance cannot reach the area or the injury is severe, call 112 and follow their instructions.

### **E - Accident Protocol:**

1. The participant or their team members:
  - a. Call the organization with the map in hand.
  - b. If there is no coverage, activate the GPS emergency system (red button) and call 112.
  - c. An injured teammate will never be abandoned.
  - d. If a team finds another team member with an injured member, they will assist in their evacuation if necessary.
2. Staff members:
  - a. If a call is received:
    - i. Go to the GPS control tent where the ambulance technicians are stationed and assess the location of the team requesting emergency assistance.
    - ii. Request the following information:
      - o How many people are injured?
      - o Is the injured person conscious? Is the person breathing?
      - o How did the accident occur?
      - o Where are they located? Closest references to verify with the GPS signal.
    - iii. Assess the information received over the phone together with the driver and the medical technicians of the 4x4.
    - iv. Decide whether to call 112 (we are at their service).
    - v. Activate the event's emergency team.
    - vi. If the participant withdraws, notify the SI team.
  - b. If no call is received but the emergency signal is detected via GPS:
    - i. The emergency coordinator and technical team will study the accident's location.
    - ii. Decide whether to call 112.
    - iii. Activate the event's emergency team.
    - iv. If the participant withdraws, notify the SI team.