



**JUNCTION  
EMS**  
Junction EMS Ltd.  
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Cromwell  
Ph: (03) 4454636

## **Northburn 100 Miler Mountain Run**

### **Event Medical Information**

Junction Health and Junction Emergency Medical Service are proud to be associated with the Northburn 100. Our team of dedicated professionals will be available for the duration of the event as well as the days before and after for any medical assistance for competitors, their crew, and family.

**Race Doctor:** Dr. Rob Visser is a qualified GP and Rural Hospital Medicine specialist, with extensive experience in event medical support, critical care medicine, and an enthusiasm for the great outdoors.

**Paramedic:** Brent Hollow is the paramedic manager for Junction EMS Ambulance service, and qualified in rescue, & wilderness medicine. Brent spends his spare time chasing Himalayan thar in the Southern Alps of New Zealand.

**Medical and Paramedical Team:** We have a team of EMT's, paramedics, nurses, doctors and massage therapist all working at various locations around the course.

**Local Medical Services:** Junction Health is a 24 hour General Practice clinic in Cromwell. We will be open 8:30am till 5pm Monday to Friday, with clinics from 10am till 12pm Saturday and Sunday. Our 24 hour contact number is: (03) 4454688. If you need to call us after hours, please mention that you are a Northburn 100 entrant or supporter, and would like to see a doctor. Please note: There is no public access Emergency Department (ED, A&E, ER) available in Central Otago.

**Medical and Rescue:** Junction EMS will provide ambulance and rescue vehicles, as well as a comprehensive medical service on-site. In addition to this there will be several medical aid stations around the course at different times. On site facilities for blood testing will be available. Serious illness or injury will be stabilised at the scene or the medical facility, and if required transport will be arranged to the local medical centre, hospital or to Dunedin by air ambulance.

Medical care during the event for competitors by the Junction EMS team is free of charge, however there may be fees for any medical care provided by the GP at Junction Health, and there may be additional ambulance transport fees if required. In New Zealand the ACC provides a comprehensive, no liability, insurance cover for accidental injury. This will cover most treatment costs for accident related medical care to any person within New Zealand (some exclusions apply). A small additional fee may be charged by GP's. If you sustain an injury during the event and require medical care, you will be asked to complete an ACC claim form at the time. Any medical care required in hospital may incur additional costs, unless the person is from a country which has a reciprocal healthcare agreement with New Zealand (includes Australia and England). As always, if you are travelling, please make sure you have comprehensive travel insurance that includes cover for medical care.

In the event that a competitor or support person becomes seriously ill or injured, Junction Health staff can assist with referrals, and liaise with the specialist medical services in Dunedin Hospital.

**Emergency Contact Numbers:** Please see also the medical emergency plan on the back of your competitor cards.

- For medical assistance at or during the event: 027 4454366 or 027 4440538
- For medical assistance outside the event (including before and after the event): (03) 4454688

The New Zealand emergency phone number is: **111**. Please do not use this number for emergencies during the event, unless you cannot contact the race medical team and it is an emergency.

***If you call 111 for an emergency, please advise them that you are a competitor in the Northburn 100, and that Junction EMS is the onsite medical service.***

## **General Medical Information for Northburn 100 Competitors:**

### **Before the day**

If you have entered the Northburn 100 mile event the organisers presume that you already have a good level of fitness and experience. We recommend that all competitors visit their GP in the weeks prior to the event and complete a general health check. If your past medical history includes blood pressure, cardiovascular, cardiopulmonary or any other serious health problems YOU MUST visit your GP in advance to inform him/her of the challenge.

If you are taking any form of medication YOU MUST visit your GP in advance and check that there are no potential side-effects which will lead to problems during the event. For international competitors, please ensure you bring your medication with you, as there are many differences between medication

names and availability in different countries. Any complex or special medication issues, please contact the Race Doctor prior to the event.

## **Registration**

Prior to registration we will weigh all competitors wearing their race kit without trainers and pack. Your weight will be noted in conjunction with any other relevant medical details. Your weight will also be added to your competitor card which you must carry for the duration of the event, this is to assist the medical team on the course, and contains vital emergency contact details.

## **During the race**

Medical staff will be in place at various checkpoints on the course and will be monitoring you as you pass through. If they feel it necessary to stop you at an intermediate checkpoint they may wish to repeat your weight measurement. If everything appears to be going well, and you have no concerns there will be no need for the medical team to slow you down.

## **After the race**

You will be greeted at the finish line and assessed by a member of the medical team, your post-event weight will then be taken and recorded. If the team have any concerns, the event doctor will be asked to complete a more comprehensive assessment. Unless you have any serious medical concerns, this process will only take a few minutes and you will then be released.

## **Common injuries & illness**

There are many common injuries and illnesses which you may suffer as a consequence of competing in the Northburn 100 event. Please make sure that you are well prepared for the event, with a basic first aid kit, including blister care supplies. Correct food and hydration is essential. We assume that you will be experienced in how to maintain correct hydration and food intake during an ultra-endurance event. If you are not aware of the risks of excessive water intake, and hyponatraemia (low sodium levels), please discuss this with a sports medicine specialist before the event. You will need to work out the correct sports drinks or hydration fluids regime to suit your requirements. Drinking of excessive free water must be avoided.



Junction EMS would like to acknowledge Alere, and thank them for their support.