



**Emergency Action Plan**  
**2021 Twilight 5K Run, Walk and Roll**  
**September 11, 2021**

**Event Locations**

Gorton Community Center – 400 E. Illinois Rd. Lake Forest, IL 60045

**Emergency Personnel and Contacts**

Event Director: Cindy Housner, 847-494-8483 and Jenny Spangler 847-707-8576

Site Coordinator: Shannon Hellen 224-477-8312

Medical Personnel from NorthShore University HealthSystem:

Dr. Carrie Jaworski – 773-343-7272, Dr. Kevin Machino Sport Fellow 562-552-7878

**Nearby Medical Center:**

Northwestern Medicine Lake Forest ED 847-535-6150

**Medical Treatment**

1. Only first aid will be rendered.
2. Any major medical treatment will be directed to the local acute care facility or the emergency room for evaluation and treatment

**Emergency Procedures**

1. Minor injuries may be initially evaluated by physicians onsite
  - a. If further assistance is needed, locate medical personnel. Event Director will contact Lake Forest Hospital Emergency Department.
2. Participant Evaluation
  - a. Non-Emergency: a family member, event official, volunteer will contact the covering Event Physician or Event Director
  - b. Emergency situation involving potential loss of life, limb, or sight: call 911 immediately.
3. In an emergency situation involving a runner, spectator, or volunteer:
  - a. 911 should be called immediately before contacting Event Physician or Event Director
  - b. The Event Physician and Event Director should still be promptly notified of any medical situation, and will communicate with each other promptly as well.
  - c. Any emergency situation involving loss of consciousness, loss of any of the ABCs (Airway, Breathing, Circulation), or neuromuscular compromise should prompt early

- d. activation of the Emergency Response System by calling 911 and also involve rapid evaluation by the event physician

### **Emergency Equipment**

All medical and event staff should know where to retrieve emergency medical equipment.

First Aid Supplies -Medical Tent

AED- Inside Gorton Community Center on main floor in hallway.

### **Activating Emergency Response System**

1. **Call 9-1-1**
2. **Provide Information:**
  - name, address, telephone number of the caller
  - nature of emergency (medical or non-medical\*)
  - number of athletes
  - condition of athlete(s)
  - first aid treatment initiated by the first responder
  - other information requested by the dispatcher