



# Mass Gathering SIG

WADEM

AUGUST 2024

# City to Surf

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Disaster Manager

Sydney Local Health District



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MB BS FACEM EMDM

University of Sydney

Westmead Hospital





# CITY TO SURF

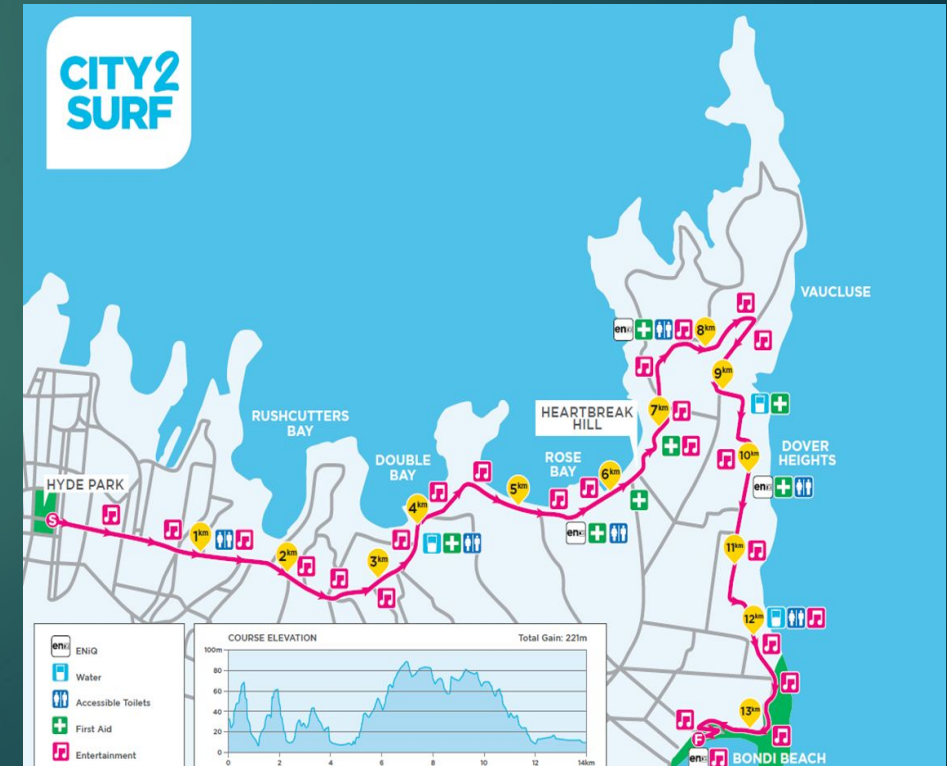


# FUN RUN !!?

- ▶ World's largest community fun run with runners capped at 90000
- ▶ Run on the second Sunday of August annually
- ▶ 14 km from the CBD to the famous Bondi Beach
- ▶ Sponsored by IronMan Inc (but was sponsored for many years by Fairfax News Ltd)
- ▶ Has been running since 1971 continuously with a number of 50+ year runners still competing



- ▶ Lots of community and corporate interest
- ▶ “Heartbreak Hill”
- ▶ Fund raiser for nominated charities



# THOUGHTS ?

- ▶ Issues ?
- ▶ Concerns ?
- ▶ Ideas ?





# RISKS:

- ▶ Mass casualty event
  - ▶ Crush
  - ▶ Vehicle into crowd
  - ▶ Terrorism
- ▶ Adverse weather
- ▶ Increased demand on health services
- ▶ Public Health Considerations



# PLANNING:

- ▶ Multi agency planning
  - ▶ Health
    - ▶ Ambulance
    - ▶ St John
    - ▶ Physiotherapy
    - ▶ Health Response Teams
    - ▶ Local Receiving Hospitals and Health Services
      - ▶ ED
      - ▶ ECMO
      - ▶ ICU
  - ▶ EOC
- ▶ Public health issues
  - ▶ Sanitation (Toilets and Food Standards)
  - ▶ Current infectious disease trends





# PLANNING:

## Service changes

### **B** Find your way City 2 Surf 11 August 2019 Bus Changes

You are at: 2000157 Hyde Park, Park St, Stand B, Sydney

#### Between 03:30 and midday

Service	Details
<b>340</b>	Catch buses from Town Hall Station, Park St, Stand H, Sydney.
<b>389</b>	Catch buses from St James Station, Elizabeth St, Sydney.
<b>441, 461, 504, 506</b>	Between 03:30 and midday, due to road closures, buses will not run from this stop as they will be terminating at City QVB, Museum & Town Hall.

Other services on 11 August 2019 have been affected as well. Please refer to [transportnsw.info](http://transportnsw.info) for full details.



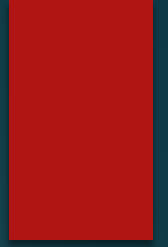
For more information:  
[transportnsw.info](http://transportnsw.info)

- ▶ Local and State Government Considerations
  - ▶ Closure of streets
  - ▶ Sanitation
  - ▶ Alternate routes
  - ▶ Transport
  - ▶ Liaise with residents
- ▶ Other emergency services
  - ▶ Police
  - ▶ F&R NSW
  - ▶ State Emergency Services
  - ▶ Surf Life Saving Australia
- ▶ Combined pre event messaging and advice





# EVENT ORGANISERS:



- ▶ Registration
- ▶ Messaging to participants
- ▶ Liaison with venues
- ▶ Team Support
  - ▶ Meals
  - ▶ Runner
  - ▶ Patient identification
- ▶ Spotters
- ▶ Hydration stations
- ▶ Transport of participant belongings
- ▶ Medal production and presentations
- ▶ Crowd control (staggered starts and finish line movement)





## HEALTH PLANNING (WHY ?)

Opportunity to exercise HealthPlan

Teams have an opportunity to exercise in an out of hospital environment

Individuals in key positions can practice Command and Control and Communication



# HEALTH PLANNING(WHY)

- ▶ Reduces the impact on the health system ( two or three hospitals in the area of the race and the ambulance service)
- ▶ Prepositioned in the event of a deliberate attack on the race or an alternate event
- ▶ Early treatment of hyperthermia which reduced morbidity and mortality
- ▶ Resus for other situations e.g. cardiac arrests and a variety of illness / injury presentations







# HEALTH PLANNING (WHY)

- ▶ Pre race meeting / briefing by each team
- ▶ Opportunity to use and review disaster / required equipment
- ▶ A chance for those who have trained to put into practice some of their theoretical knowledge and consolidate their skills
- ▶ Opportunity to exercise multi agency co-ordination and interrelationships



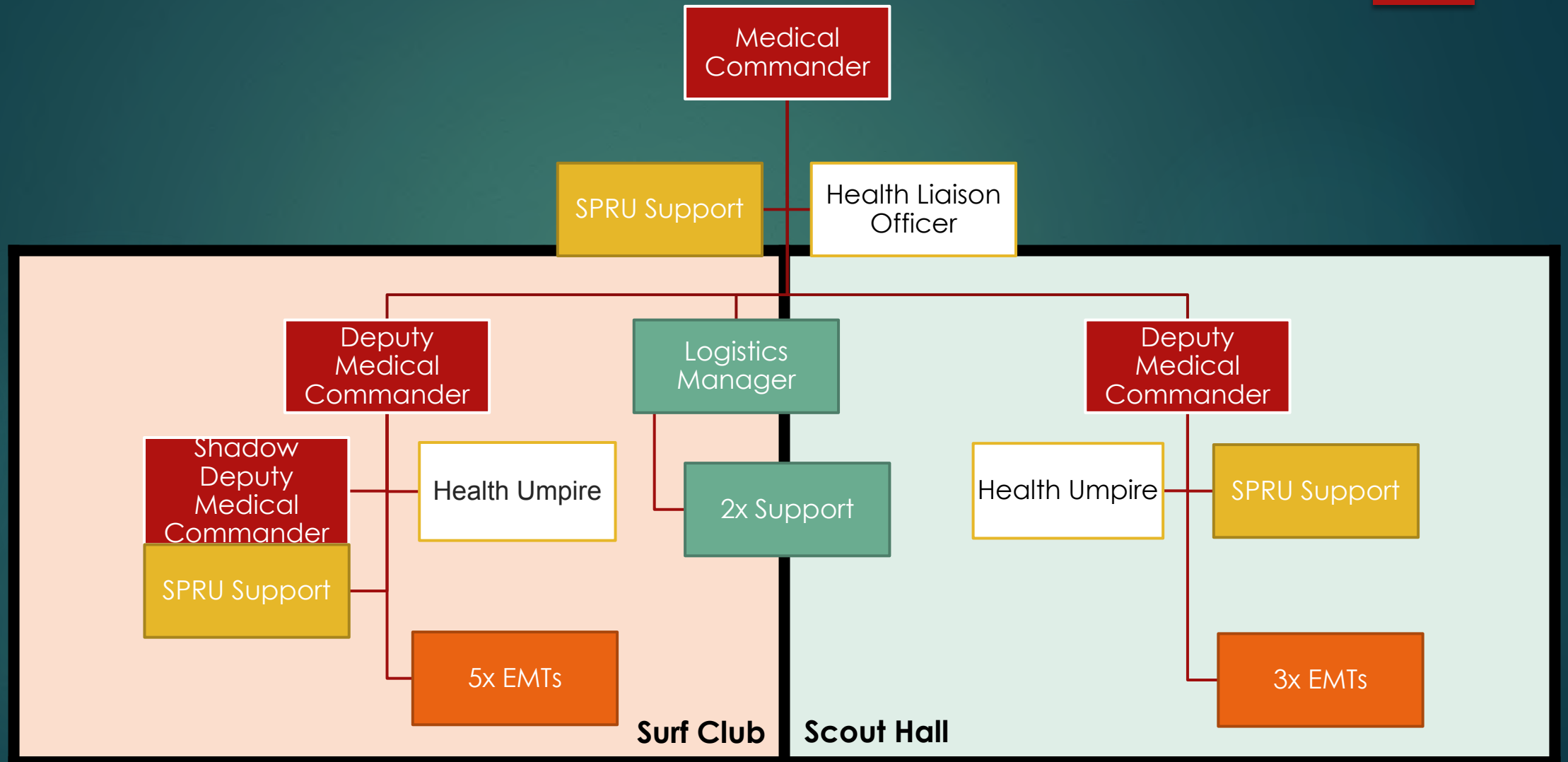
# WHO IS INVOLVED IN THE HEALTH RESPONSE ?

- ▶ St Johns ambulance first aid teams
- ▶ Physiotherapists and massage therapists
- ▶ NSW ambulance
- ▶ Triage
- ▶ NSW health teams
- ▶ NSW support – umpires / SPRU / command roles / logistics
- ▶ GCC (health liaison

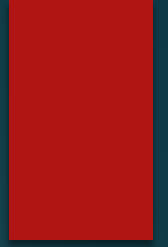




# COMMAND STRUCTURE



# TEAM COMPOSITION:

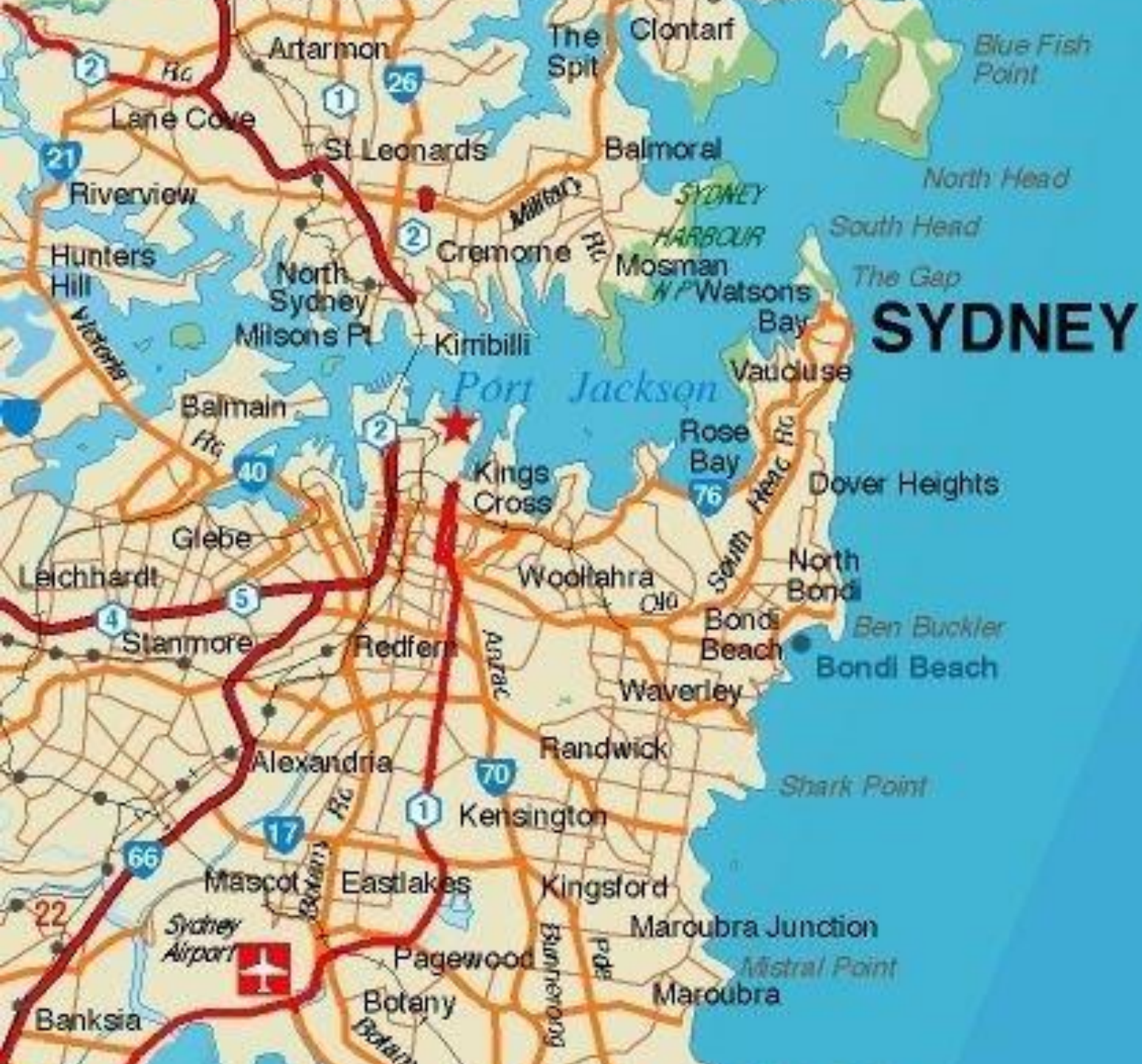


- ▶ Resus team
  - ▶ Medical Officer \* 2
  - ▶ One must be a FACEM
  - ▶ Other must be > 5 years post graduate training
  - ▶ Nursing staff \* 4
  - ▶ Critical care trained
  - ▶ Other e.g. clerical / scribe
- ▶ ALL MUST BE MIMMS TRAINED
- ▶ General team
  - ▶ Medical Officer \* 2
  - ▶ Must be > 5 years post graduate training
  - ▶ Nursing staff \* 4
  - ▶ Other e.g. clerical / scribe
- ▶ Paediatric Team
- ▶ ALL MUST BE MIMMS TRAINED



# TEAM SELECTION:

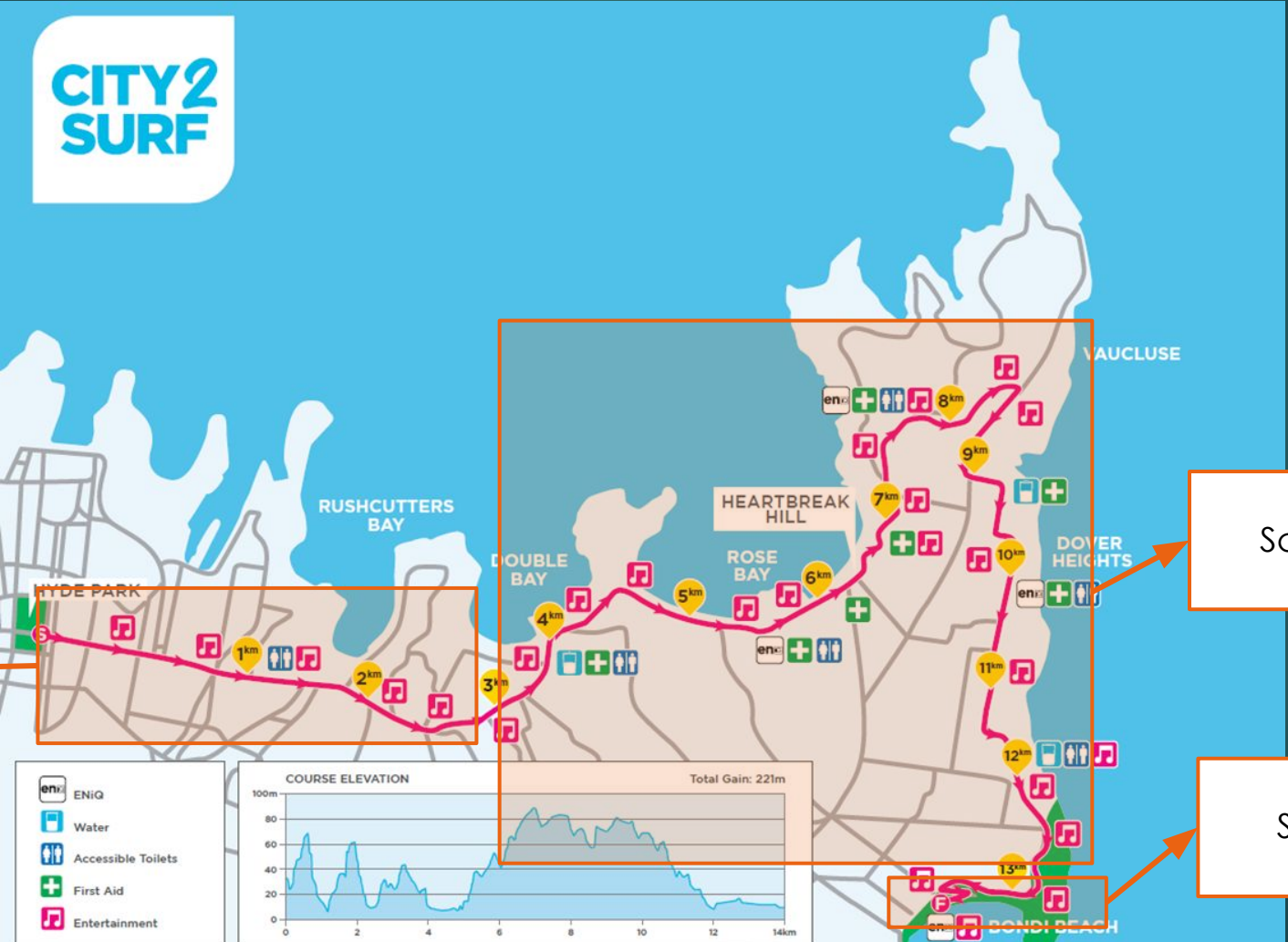




Where ?



# WHERE?







WHERE? (SURF CLUB)





WHERE ? (SCOUT HALL)



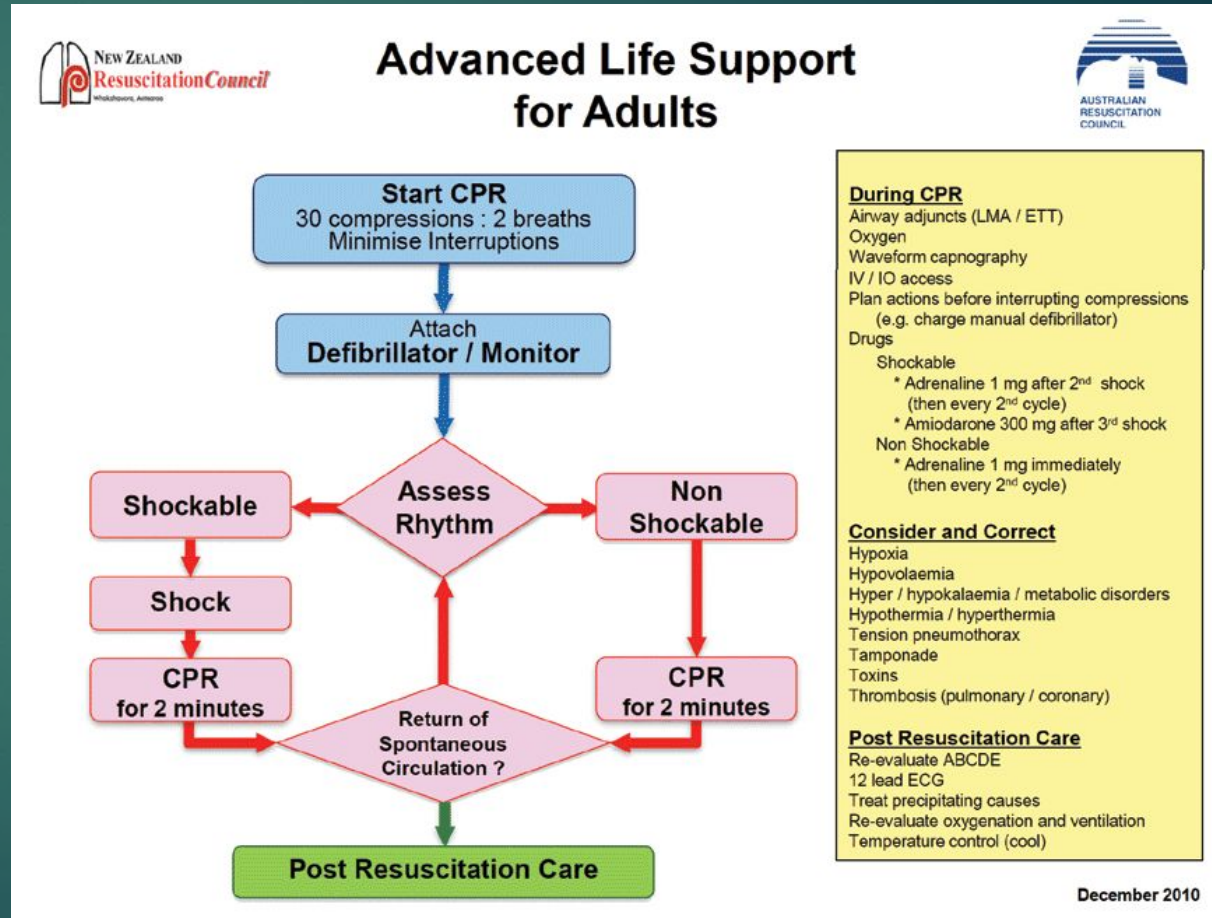
# EQUIPMENT and PHARMACEUTICALS:

- ▶ Standardised
  - ▶ Resuscitation (e.g. defib)
  - ▶ General team
- ▶ Some supplied by teams (e.g. suture kits, cannulation equipment)
- ▶ Some supplied by logistics team (e.g. linen, thermometers)
- ▶ Some supplied by event organizer (e.g. beds, fluid, chemical ice packs)
- ▶ S4 and S8 drug management
- ▶ Routine meds (e.g. simple analgesia, bronchodilators etc)
- ▶ O2 cylinders
- ▶ Complex carbohydrates

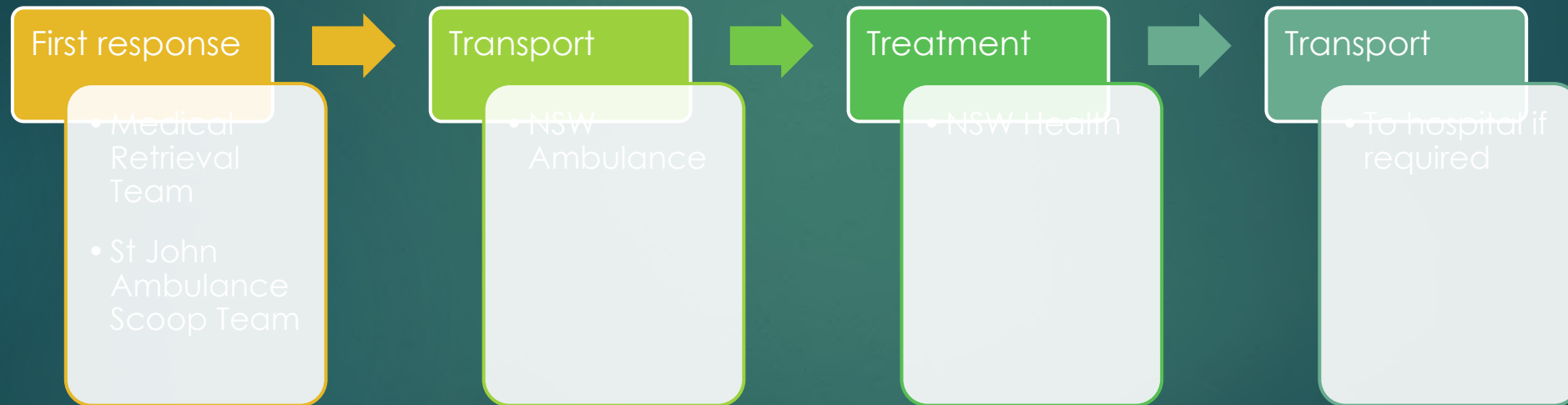


# PATIENT MANAGEMENT:

- ▶ Protocols
  - ▶ Hyperthermia
  - ▶ Hypothermia
  - ▶ Cardiac Arrest
  - ▶ Trauma
- ▶ Musculoskeletal injuries
- ▶ Hypoglycaemia

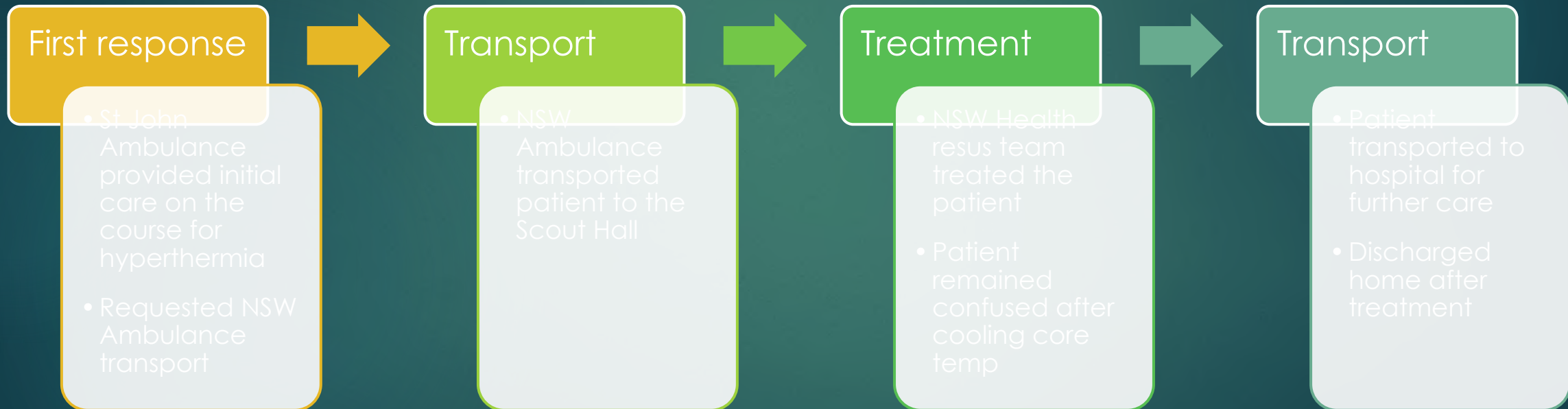


# PATIENT JOURNEY – ON COURSE:





# PATIENT JOURNEY: runner collapses on Heartbreak Hill example



# PATIENT JOURNEY– FINISH AREA





# RACE DAY:

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Shifts

▶ Meals

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Late Stand Down

▶ Parking

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Documentation

▶ Site Access

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Handover

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Briefings

▶ Uniforms

# SHIFT DAY:



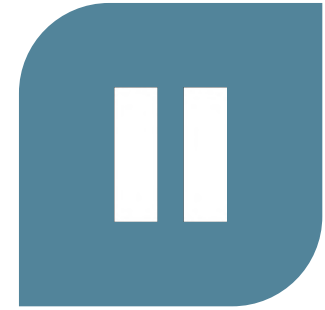
TIMES



TRANSPORT TO  
SITE



PAY



BREAKS



# EDUCATION:

There is an incident at the finish line and your team has been asked to deploy for assistance

- ▶ Please list your teams top 10 identified risks and list strategies to reduce the risk

① ~~base camp~~ scene safety ② Team safety ③ elements  
④ MCI ⑤ crush ⑥ terror ⑦ Command + control

- ▶ Please list your teams top 10 priorities

① Team safety. → PPE → MT/LC → DMK.  
② communication → Command + Control  
③ Role allocation → Split team x2.  
④ Take required equipment  
⑤ Assess capability.  
⑥ Request briefing + from who.  
⑦ Escalate issues immediately via c+c.

- ▶ Utilising any “down time”
- ▶ Allowing the experience in the room to be heard
- ▶ Ensuring teams did not get bored
- ▶ Reinforcing that teams understood why they were deployed
- ▶ Sims / getting used to a non hospital environment

# UMPIRES:



Senior health  
clinician



Education  
role



Audit



Clinical  
Support



2<sup>nd</sup> pair of  
Eyes and Ears



# COORDINATION CENTRE:

- ▶ Multi agency
- ▶ Liaison officers
- ▶ Coordinate activities across the event and surroundings including
  - ▶ Traffic management
  - ▶ Other incidents
  - ▶ Reporting Up



# LOGISTICS:



Bump in



Bump Out



Order  
equipment



“Macguyver”  
on the day



Utilise state  
medical cache

- ▶ Site visit
- ▶ Makeshift security / assist with lifting
- ▶ Runners between the medical sites
- ▶ Ensure OHS standards are maintained



CITY2SURF 2019

(15 degrees and cloudy)

20 patients  
treated

6 heat related

5 Transports

Hypoglycaemia

Back pain

# CITY2SURF 2022 (18 and clear)

- ▶ 70 NSW Health staff deployed
- ▶ 26 patients treated
- ▶ 13 heat-related illnesses
- ▶ 3 transports
- ▶ OHCA – transported directly for angio
- ▶ Chest pain / asthma / head injury





# CITY2SURF 2023 (21 and sunny)

35 patients  
treated

14 heat related

6 transports

Syncope /  
lightheadedness  
/ chest pain /  
head injury



# Questions and Discussion

## Keep in Touch

- ▶ [Caren.Friend@health.nsw.gov.au](mailto:Caren.Friend@health.nsw.gov.au)
- ▶ [Kavita.Varshney@health.nsw.gov.au](mailto:Kavita.Varshney@health.nsw.gov.au)