



NARVIK2020

FIS ALPINE JUNIOR WORLD
SKI CHAMPIONSHIPS

**MEDICAL
GUIDE**



WELCOME

We welcome you to the North, the Arctic, and the FIS Junior Alpine World Ski Championship 2020 in Narvik.

It is our pleasure to welcome you and your athletes to Narvik for the Alpine Junior World Ski Championships 2020. We hope that all members of your team will enjoy their time in Narvik.

The following pages will provide you with complete details of the medical plan, procedures and facilities for the coming events. We will do our best to take care of the teams and their staff.

We wish you and your athletes good luck for the coming competitions and a safe and enjoyable championship.



S T I N N E T T N N O O

INTRODUCTION

SCHEDULE & DOCTORS' MEETINGS

TEAM CAPTAINS' MEETINGS

FIRST AID ON COURSE

- Ambulance and Helicopter

UNIFORMS

RADIO SYSTEM

TRAUMA ROOM

RESCUE PLAN

- Medical guide (rescue), equipment and logistics
- Equipment in the rescue sledge (toboggan)
- Medical Stations Downhill
- Location of ambulance and landing zone for helicopter (see map)

EMERGENCY EXIT (see map)

MEDICAL SERVICES FOR THE PUBLIC

HEALTH CARE NETWORK

SAFEGUARDING

EMERGENCY TELEPHONE CONTACTS

PRIMARY EMERGENCY CARE

HOSPITALS

PHARMACY

PHYSIOTHERPAPY

DENTIST

ANTI-DOPING CONTROL

CORONAVIRUS

- Important information regarding novel coronavirus

SPECTAORS AND VISITORS MAP

MAP OF NARVIK

MAP OF RACE COURSE

INTRODUCTION

Described below are the details of the medical services and facilities that will be employed during the finals racing, both for the racers and for the general public.

The First Aid Teams, that consist out of 1-3 doctors, emergency nurses or paramedics and ski patrollers, are experienced in alpine rescue. All staff are highly competent skiers who are able to move fast and safely on the course in case of any accidents. There will be 6 teams at the most for the ladies' races and the men's races.

We have in the finish area a brand new trauma room, which also will serve as a doctor office for more common medical problems for some hours during the race time. This is meant as a service to the athletes and their team for treatment of minor injuries.

The trauma room is equipped with AED, airway management equipment, medical oxygen, «Bear hug» for hypothermia, splints, bandages and an examination bench.

In the finish area there will be one First Aid tent with Red Cross personnel who will provide medical services for the general public.

One ambulance will be serving the racecourse during competitions and training, and one more ambulance will be available if needed. It is only 2 km (5 min) to the nearest hospital The University Hospital of Narvik . UNN Narvik. UNN Narvik provides highly specialized medical care 24 hours a day all the year, including a fully equipped radiology and laboratory services. It has also it's own trauma unit 24 hours all the year

One helicopter will be on standby to assist in accidents which include head- or spinal injuries. The University Hospital of Narvik UNN Narvik,

works in close cooperation with: The University Hospital of Tromsø , UNN Tromsø in case of major injuries.

Narvik Legevakt (Narvik Emergency Primary Care) are located together with the The University Hospital of Narvik, and handle all kinds of injuries or health related problems 24 hours a day These services and personnel combine to provide a competent and comprehensive framework for managing medical needs associated with the races.



Sverre Håkon Evju, Race Doctor
Phone: +47 90949663
E-mail: sverre.haakon.evju@narvik.kommune.no

SCHEDULE & DOCTORS' MEETINGS

All medical personnel will meet to be informed regarding schedules and routines. The personnel will be informed about positions and emergency exits in the race arena (see enclosed Rescue Plan). The meetings will be held in the Trauma Room in the finish area

TEAM CAPTAINS' MEETINGS

The Doctor in charge will attend all meetings for updates and for questions. The doctor will make a quick presentation about the evacuation plans at the first ladies' and the first mens' team captains' meetings.

FIRST AID ON COURSE

The medical services have been organised according to the guidelines described in the FIS MEDICAL GUIDE "Edition" 2018/19

First aid stations run by staff that all hold PHTLS, AWLS or ATLS certification will be positioned along the entire length of the race courses. The number and placement of these stations and their medical staff will depend on the events and therefore on the length of the courses used.

The stations have been set up in order to ensure immediate "skis on" treatment/ response. At every first aid station there are 1-3 doctors, emergency nurses or paramedics and also 2-3 ski patrollers equipped with medical backpacks, vacuum mattress, thermal blankets and toboggans.

AMBULANCE AND HELICOPTER

One complete set of life-saving equipment will be available on the course and in the ambulance.

The University Hospital of Narvik is very nearby, by car just 5 min (2 km) away from the ski area.

One ambulance will be available in the race arena during all the events, and helicopter is on standby with a response time of 20 minutes in case of major trauma that includes head or spine injuries.

During the tech events there will be one ambulance in the arena.

In the finish area there will be one First Aid tent with personnel from Norsk Folkehjelp.

Three snowmobiles will be available in the race arena for medical services.

RADIO SYSTEM

All the medical stations communicate with one another and the control center via radio and telephone, and also direct contact with the Emergency Medical Central, AMK

UNIFORMS

Aside from the normal personal access pass, medical staff can be easily identified by their red MEDICAL vests, Doctors marked with doctor on their vests. The ambulance staff can be recognised by their yellow uniforms.

TRAUMA ROOM

In the finish area we have a brand new trauma room, which also will serve as a doctor office for more common medical problems some hours during the race time. This is meant as a service to the athletes and their team for treatment of minor injuries.

The trauma room is equipped with AED, airway equipment, medical oxygen, «Bear hug» for hypothermia, splints, bandages and a bench for examination.

RESCUE PLAN

The First Aid teams aim to take no longer than 10 minutes to evacuate the injured party from the racecourse once the Chief Race Director clears the course and instructs the medical team to attend to the injured person. If needed, the injured person should be at the University Hospital of Narvik within 20 minutes.

Helicopters will be used for transport to the University Hospital of Tromsø if the responsible doctor requests it.

Transport from accident area by rescue sledge to ambulance or if doctor decides to the closest landing zone for the helicopter.

For “longer” distance, the shuttle takes place by snowmobile to helicopter landing zone.

EVACUATION PROTOCOL:

Level of injury	Type of injury	Examples	Transport from race course - needs	Destination
I	Minor	Sprains, strains, contusions	Sledge not required	Release to team
II	Moderate	Knee ligament Shoulder dislocation etc	Sledge required	Release to team or UNN Narvik (University Hospital of Narvik) via ambulance
III	Serious	Fractures, internal injuries, concussions	Sledge required – additional stabilization or support	UNN Narvik (University Hospital of Narvik) via ambulance
IV	Life threatening	Closed head injury, internal trauma, multi- systems trauma, GCS < 9	Sledge required – additional stabilization or support	UNN Narvik (University Hospital of Narvik) via ambulance or Helicopter to UNN Tromsø (University Hospital of Tromsø)

MEDICAL GUIDE (RESCUE), EQUIPMENT AND LOGISTICS

Logistics health care (rescue sledge to ambulance or helicopter) in the race arena.

EQUIPMENT IN THE RESCUE SLEDGE (TOBOGGAN)

We have 3 rescue sledges which are handled by the Ski Patrol. The rescue sledges are located in two separate locations: two at the top of the course, and one in the middle.

THEY ARE EQUIPPED WITH:

- Bag containing first aid material for bleedings
- breathing mask/cloth.
- 1 full-body vacuum mattress
- 1- box splint for stabilizing legs and arms
- cervical collars
- about 8 straps to fix patient in the toboggan
- 2-4 blankets

Each medical station along the slope has a backpack with a small amount of tools, crampons. SAM-splint, 1 cervical collar and various pain relief medication.

EQUIPMENT IN THE DOCTORS "RACE BAG", AS EXAMPLE

- Various pain relief medication.
- cervical collar
- SAM splints
- Bandages for stabilizing and bleedings
- Medical oxygen
- Hypothermia equipment



MEDICAL STATIONS DOWNHILL (SEE MAP)

7. At the start of all disciplines there will be ski patrol with 2 rescue sledges
6. End of lift 3
5. Rypekjerret
4. Veisvingen
3. Hengekøya
2. Asbjørnstua
1. Finish Area/Medical Trauma Room

The locations of the medical station will be adjusted for the different disciplines of Super-G, SSL and SL.

LOCATION OF AMBULANCE AND LANDING ZONE FOR HELICOPTER (SEE MAP)

Fully equipped ambulance with 2 paramedics will be located near the ski area during the whole championship, located by the base of the gondola.

EMERGENCY EXIT (SEE MAP)

Transport from accident area by rescue sledge to ambulance or if doctor decides to the closest landing zone for the helicopter.

For “longer” distance, the shuttle takes place by snowmobile to helicopter landing zone.

MEN'S AND LADIES DOWNHILL COURSE, EMERGENCY EXIT

- 6 Emergency exit, Finish area, nearby finish area
- 5 Emergency exit, by the Asbjørnstua (sletta), helicopter landing spot, Asbjørnstua.
- 4 Emergency exit, by the ladies SLL start (Damestart), helicopter landing spot, Asbjørnstua
- 3 Emergency exit, in the Veisvingen, helicopter landing spot, Asbjørnstua
- 2 Emergency exit, below the Rypekjerret, start of lift 3 helicopter landing spot, Asbjørnstua
- 1 Emergency exit, below start, end of lift nr 3 , helicopter landing spot Fjellheis Restaurant

- Medical Stations Downhill
- Location of ambulance
- landing zone for helicopter
- Emergency Exit



MEDICAL SERVICES FOR THE PUBLIC AND VOLUNTEERS

There will be one tent in the public area dedicated for the public/visitors and volunteers. A doctor, paramedics and Norsk Folkehjelp personnel will be available in tent. The Trauma room will also be used as a Doctor's office if needed. The tent is equipped with splints, blankets and first aid boxes

HEALTH CARE NETWORK

We are fortunate to have good medical facilities very nearby. The University Hospital of Narvik, UNN Narvik, just 5 minutes by car (2 km) away from the ski area. There are well organized plans for transportation to higher level of medical support if needed. The University Hospital of Narvik, UNN Narvik handle also severe injuries including trauma, except head- and spinal trauma which will be transported by helicopter to the University Hospital of Tromsø if necessary, a 20 min flight away.

SAFEGUARDING

If any need of medical support according to FIS Snow Safe Major Competitions Policy, contact Race Doctor, Sverre Håkon Evju

EMERGENCY TELEPHONE

Fire: 110
Police: 112
Medical: 113

PRIMARY EMERGENCY CARE

Narvik Legevakt
Sykehusveien 4, 8616 Narvik
Telephone: +47 11 61 17

MEDICAL SERVICES:

Narvik Legevakt has doctor and specialized emergency educated nurses on duty 24 hours a day to handle all kinds of injuries or health related problems. It is located together with the University Hospital of Narvik, UNN Narvik, and if needed, it is just a door in to the hospital from the Narvik Legevakt

Distance: 2 km, 5 minutes by car

PHYSIOTERAPY

Pål Størseth, Narvik Fysioterapi
Dronningensgt 47
+ 47 476 70 809
e-mail: paal@narvikfysio.no

DENTIST

Oris Dental Narvik,
Dronningensgate 23, 8514 Narvik
+47 76 94 15 51
orisdental.no/klinikker/narvik/

HOSPITALS

UNN Narvik, The University Hospital of Narvik

Sykehusveien 4, 8514 Narvik
Telephone: +47 76 96 80 00
or +47 77 62 60 00

MEDICAL SERVICES:

Narvik University Hospital is a fully equipped hospital and provides highly specialized medical care 24 hours a day all the year, including a fully equipped radiology and laboratory services. It has also its own trauma unit 24 hours all the year

Distance: 2 km, 5 minutes by car

UNN Harstad, The University Hospital of Harstad

St. Olavs gate 70, 9406 Harstad
Telephone +47 77 62 60 00

MEDICAL SERVICES:

Harstad University Hospital is a fully equipped hospital and provides highly specialized medical care 24 hours a day all the year, including a fully equipped radiology and laboratory services. It has also its own trauma unit 24 hours all the year.

Distance: 120 km, 120 minutes by ca

UNN Tromsø, The University Hospital of Tromsø

Sykehusvegen 38, 9019 Tromsø
Telephone +47 77 62 60 00

MEDICAL SERVICES:

Tromsø University Hospital is the major hospital, and provides highly specialized medical care within all medical specialties. It is the trauma center i North of Norway.

**Distance: 250 km,
20 minutes flight time by helicopter.**

PHARMACY

Vitusapotek Svanen - Narvik

Narvik Storsenter,
Kongensgate 66, 8514 Narvik
Telefon: +47 76 92 44 60
Fax: +47 76 92 44 65
E-post: svanen.narvik@vitusapotek.no

mandag-fredag: 09:00-20:00
lørdag: 10:00-18:00

Vitusapotek Frydenlund

Domuskvartalet, Frydenlundgt 15, 8517 Narvik
Telefon: +47 76 92 22 10
Fax: +47 76 92 22 15
E-post: frydenlund@vitusapotek.no

mandag-fredag: 08:30-17:00
lørdag: 10:00-15:00

Apotek 1 Bien

Bolagsgata 1, 8514 NARVIK
Telefon: +47 76 92 33 00
Telefaks: +47 76 92 33 01
E-post: bien.narvik@apotek1.no

ANTI-DOPING CONTROL

According to the FIS rules for the World Cup Finals, anti-doping tests (blood and urine sampling) will be conducted. The athletes that will be tested will be under complete surveillance of the Anti-Doping personnel from the moment they are chosen until the tests are done.

The Doping Controls will take place at the Thon Hotel close to the finish area. All tests (blood and urine sampling) will be sent to declared laboratory.

CORONAVIRUS

Important information regarding novel coronavirus disease (COVID-19) to athletes and other participants and visitors to the FIS Alpine Junior World Ski Championship – Narvik 2020.

The outbreak of novel coronavirus disease (COVID-19) in many parts of the world makes it necessary to raise the awareness of this disease and the possibility of developing symptoms and spread of the virus during the JWSC in Narvik. Nearly all the cases are associated with travelling to strongly affected areas.

THERE ARE MEASURES YOU SHOULD DO TO HELP STOP VIRUSES LIKE CORONAVIRUS SPREADING:

- wash your hands with soap and water often
 - use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue when you cough or sneeze.
If tissue is not available, cough or sneeze into your elbow (not your hands).
- put used tissues in the bin immediately
- keep personal contact (like hugging and handshaking) to a minimum.
Find alternative ways to show your appreciation!

Face masks play an important role in places like hospitals, but there is very little evidence of benefit for members of the public.

If you during your stay in Narvik should develop flu-like symptoms including fever, cough, or difficulty breathing you should:

- immediately contact medical team personnel and on phone Race Office
Ann-Hege Lund +47 990 43 180
Eva Karina Hansen +47 906 30 205
Unni Forshaug +47 971 57 393 or
Race Doctor +47 909 49 663
- stay in your room at your accommodation site and avoid contact with other people until medical personnel has been consulted

This is especially important if you recently have been to areas of ongoing virus transmission. As of 3rd March 2020 these are mainland China, Iran, South Korea, Hong Kong, Singapore, Japan and the Italian regions of Lombardy, Piedmont, Emilia-Romagna and Veneto.



A. Team Captain Meeting

B. Race Office

C. Lunch

D. Ceremonies

E. Arena

F. Training slopes

G. Hospital

H. Skiroom

1. Quality Hotel Grand Royal

2. Thon Hotel Narvik

3. Scandic Narvik

4. Narvik Hotel Wivel

5. Enter Hotell Narvik

6. Enter Hotell Bjerkvik

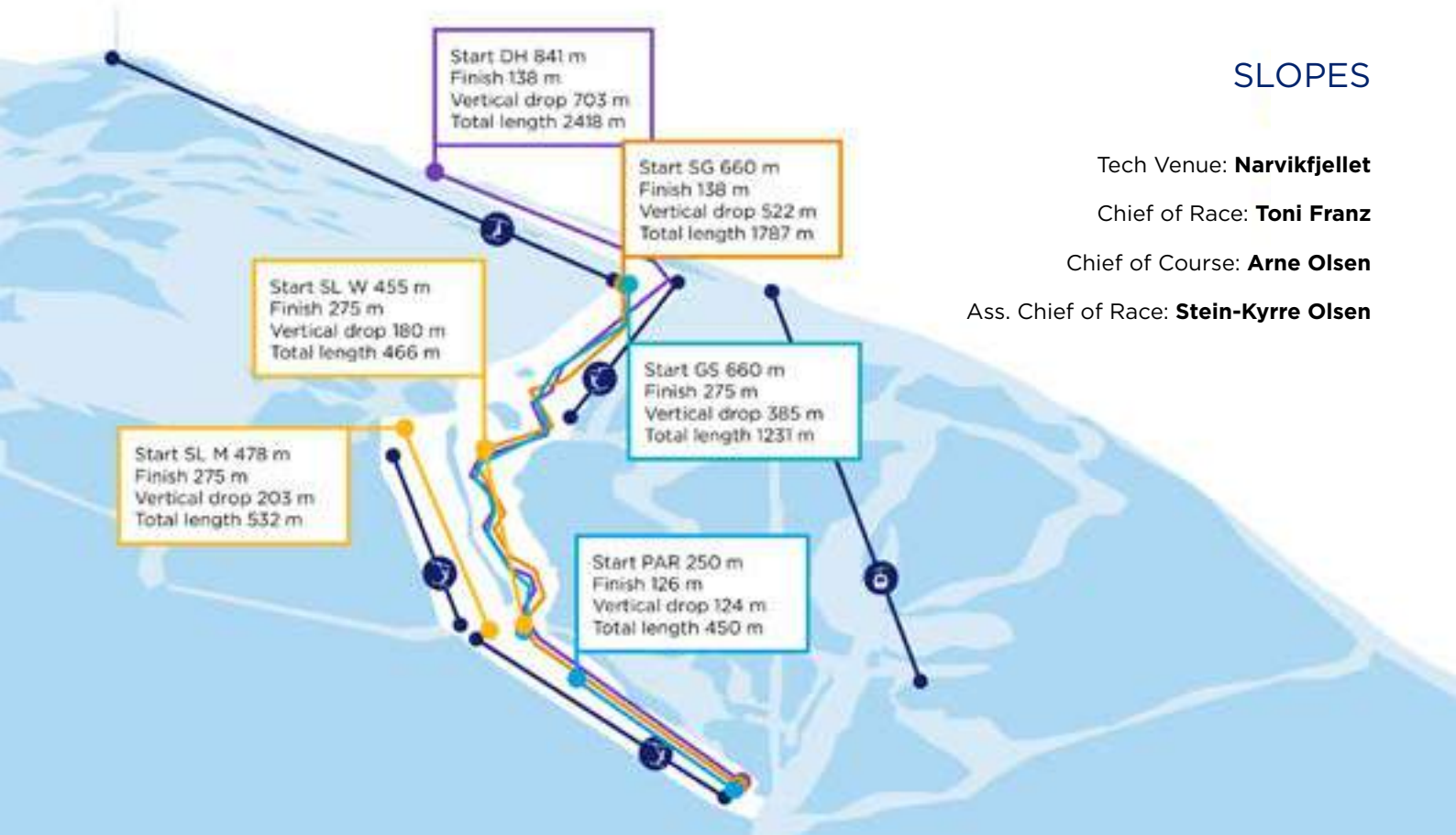
SLOPES

Tech Venue: **Narvikfjellet**

Chief of Race: **Toni Franz**

Chief of Course: **Arne Olsen**

Ass. Chief of Race: **Stein-Kyrre Olsen**



Discipline	Slalom M
START	478 m
FINISH	275 m
VERTICAL DROP	203 m
TOTAL LENGTH	532 m
AVERAGE SLOPE	37 %
MAX. SLOPE	55 %
MIN. SLOPE	20 %
COURSE NAME	Holstkleiva
FIS NO.	10246/11/11

Discipline	Slalom W
START	455 m
FINISH	275 m
VERTICAL DROP	180 m
TOTAL LENGTH	466 m
AVERAGE SLOPE	39 %
MAX. SLOPE	55 %
MIN. SLOPE	36 %
COURSE NAME	Fjellheimløypa
FIS NO.	10246/11/11

Discipline	Giant Slalom
START	660 m
FINISH	275 m
VERTICAL DROP	385 m
TOTAL LENGTH	1231 m
AVERAGE SLOPE	32 %
MAX. SLOPE	62 %
MIN. SLOPE	16 %
COURSE NAME	Fjellheimløypa
FIS NO.	10241/11/11

Discipline	Downhill
START	841 m
FINISH	138 m
VERTICAL DROP	703 m
TOTAL LENGTH	2418 m
AVERAGE SLOPE	30 %
MAX. SLOPE	62 %
MIN. SLOPE	8 %
COURSE NAME	Fjellheimløypa
FIS NO.	1200/01/17

Discipline	Super G
START	660 m
FINISH	138 m
VERTICAL DROP	522 m
TOTAL LENGTH	1787 m
AVERAGE SLOPE	30 %
MAX. SLOPE	62 %
MIN. SLOPE	8 %
COURSE NAME	Fjellheimløypa
FIS NO.	12301/01/17

Discipline	Team Parallel
START	250 m
FINISH	126 m
VERTICAL DROP	124 m
TOTAL LENGTH	450 m
AVERAGE SLOPE	27 %
MAX. SLOPE	32 %
MIN. SLOPE	18 %
COURSE NAME	Fjellheimløypa
FIS NO.	10242/11/11