

## Cycle Queensland – 9 day cycling paradise

Cycle Queensland is about fun, friendship and relaxation while spreading the cycling message.

### Medical Team – Doctor and Physiotherapist Job Description

**Team Role:**

To provide general medical and health care for event participants in the absence of and/or in addition to local providers on an as needs basis.

To provide medical and public health advice to the event management team.

**Areas of operation:**

The Medical Team of doctors and physiotherapists operate at the campsite.

*Sun exposure:* Low

**General hours of operation:**

*From:* 6.30am                      *To:* 7.30am                      7 days + rest day 8.00 to 9.00am

*From:* 3:00pm                      *To:* 6:30pm                      7 days, not on rest day

*From:* 7.30pm                      *To:* 8:30pm                      8 nights, including rest day

**Roster**

The roster is designed to alternately allow teams to relax during the afternoon and evening and get under way early next morning ready for their afternoon shift. Sessions may be swapped to suit riding times and activities of individuals – liaise within the teams as suits.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Day 8		9		Notes					
	open time	3-6.30	7.30-8.30	6.30-7.30	3-6.30	7.30-8.30	6.30-7.30	3-6.30	7.30-8.30	6.30-7.30	3-6.30	7.30-8.30	8.00-9.00	7.30-8.30	6.30-7.30	3-6.30	7.30-8.30	6.30-7.30	3-6.30	7.30-8.30	6.30-7.30	total hrs	nights	3.5hr lots
hours	3.5	1	1	3.5	1	1	3.5	1	1	1	1	3.5	1	1	3.5	1	1	3.5	1	1	40.5	8	7	2
team 1	✓	✓	✓				✓	✓	✓				✓	✓		✓		✓	✓	✓	20.5	5	3	1
team 2				✓	✓	✓						✓	✓		✓	✓	✓				20	3	4	1

**Equipment supplied to you** (must be returned at end of ride):

To be explored with each person.

**Key things to note:**

Each team consists of two people; a medical practitioner and a physiotherapist.

St John Ambulance provides emergency and first aid assistance where required on the route each day and at the campsites 24hours.

Queensland Ambulance Service paramedics (volunteers for the ride) cover the route each day and can be available for campsite activity if needed.

**Transport between towns:**

The Medical Team are riding volunteers and cycle between campsites with the general riders. If the person is travelling alone then luggage can be carried by HQ - if suitable.

**Meals:** *Breakfast* (served 6 to 7.30am): you can eat during normal times

*Lunch:* you eat as normal on the route each day

*Dinner* (served 6 to 7pm): you can eat during normal time

*A reminder that the event is a dynamic environment. Not all tasks and issues can be foreseen. If the situation requires, you and your team may be required to put in extra effort, possibly at different times to your normal hours.*

## **Additional background notes**

### *For all*

The provision of general medical and physiotherapy services is free for Cycle Queensland participants; that's riders and support crew.

You should check with your indemnity provider that you are appropriately covered in this situation.

There is a marquee set-up on each campsite that houses medical and first aid. It has tables, chairs and lighting.

### *Medical Practitioner*

Basic medical service for any participant is all that is expected. More serious conditions should be referred to local health services for further management as appropriate.

Typical ailments are: colds and flu, sun exposure, sprains, allergies, rashes and chaffing, cuts, bruises and bites. More extreme but less common conditions include: food allergies, gastric conditions and dehydration.

It is expected that St John Ambulance can handle quite a few of these and that conditions outside their scope or above their heads would be referred on to you.

Emergency conditions should be referred to local health services for further management as appropriate. Queensland Ambulance Service volunteers on the ride can assist in emergency situations and in arranging transportation, if appropriate, but be aware that sometimes they are further away than the local providers.

Disease outbreaks or other issues of public health concern to the ride should be reported to the Event Director. Also, the Event Director may request advice regarding these matters and their management.

Doctors bag – it would be appreciated if you could bring your basic doctors' bag supplies, and other supplies as you would see appropriate. By prior arrangement Bicycle Queensland will reimburse costs of any supplies if you can provide appropriate receipts and documentation. The bag can be carried by HQ if needed.

Bicycle Queensland can provide you with contact details of previous ride doctors on request if you would like to discuss matters with them beforehand.

### *Physiotherapist*

Basic physiotherapeutic assessment and treatment of participants is all that is expected. More serious conditions should be referred to a medical practitioner or local health services for further management as appropriate.

A general non-therapeutic massage service is provided by the Massage Team, any participants not requiring specific therapeutic interventions should be referred there.

Equipment – please bring whatever equipment you would require to provide the basic level of physiotherapy service.

Supplies – it would be appreciated if you could bring your basic supplies, as you would see appropriate to operate a service over the duration of the ride. By prior arrangement Bicycle Queensland will reimburse costs of any supplies if you can provide appropriate receipts and documentation.