

MEDICAL PLAN



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RHYTHMIC GYMNASTICS WORLD CHAMPIONSHIPS
VALENCIA 2023
DOCTOR RAQUEL MORENO
PHYSIOTHERAPIST MARIA LLAMAZARES

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01.

Health System

▶ Legislation

- > Decree 143/2015, (11th of September) and Law 14/2010, (3rd of December), publish shows, recreational activities and public establishments, approved by Consell de la Generalitat.
- > Decree 836/2012, (25th of May), whereby technical characteristics, personnel and medical vehicles are stated.

02.

Rooms

▶ Antidoping

Room with two sections: waiting area to hold gymnasts and accompanying people with chairs or benches for at least 7 or 8 people, a good supply of drinks, (preferably water) in closed bottles in a fridge. Working area with toilet room, desk, 3 chairs, sink, medium sized waste bin and paper to dry hands. The room will be locked and held by the Medical Chief Officer until the control officials (DCO) are known, who will then be in charge of this area and will have access via accreditation.

This room is for exclusive use of antidoping.





Medical Room/Infirmary

Medical Chief Officer Room: Dr. Raquel Moreno

Present in the Medical Room:

- > Desk and chair (doctor) and 2 chairs for patients and accompanying persons
- > Sink with soap and paper towels to dry hands
- > Waste bin
- > Doctor's bed with paper or adjustable sheets
- > Small glass display case or bookshelf with medication and healing material
- > Ice machine or small freezer with bags of ice (can be shared with physio room)

Portable First-Aid Kit – Medical Chief Officer (Dr. Raquel Moreno):

- > Blood Pressure Monitor
- > Thermometer
- > Otoscope with ear pieces
- > Stethoscope
- > Airway tubes
- > General medication

Should the gymnast or any delegation member require other medication, (e.g., antibiotics) or continuation of treatment deemed as urgent, (anti-inflammatory or painkillers), the Medical Chief Officer will provide a prescription, whose cost will be assumed by the patient, making the purchase in any pharmacy and will not be given on a daily basis, so must acquire it by their own means if necessary beyond this point.

Medical Room Operating Hours:

There will always be a member of staff present to advise the doctor or nurse of any emergencies or make doctor appointments.

Operating hours for consultations:

MONDAY 21st (7:30-21:00)

7:30 to 9:00 and 15:00 to 16:00

THURSDAY 24th (7:00-22:30)

7:00 to 8:30 and 14:00 to 15:00

SATURDAY 26th (7:30-20:00)

7:30 to 9:00 and 14:00 to 15:00

TUESDAY 22nd (7:30-21:00)

7:30 to 9:00 and 15:00 to 16:00

FRIDAY 25th (7:30-20:00)

7:30 to 9:00 and 15:00 to 16:00

SUNDAY 27th (7:30-19:30)

7:30 to 9:00 and 15:00 to 16:00

WEDNESDAY 23rd (7:00-22:30)

7:00 to 8:30 and 14:00 to 15:00



Physiotherapy Room

Head of Physiotherapy: María Llamazares

This room will contain the following material, courtesy of ENOVIS:

- > 8 portable massage tables
- > 1 portable Esaote MyLab Sygma echograph machine
- > 1 Shock Wave Chattanooga RPW2
- > 1 High-Powered LightForce 40w Laser
- > 4 Portable Chattanooga electrostimulators
- > 2 Chattanooga Intellect Combo machines (Electro and Ultrasound)
- > 2 Winback Tecarteraphy
- > 5 Compex Ayre Compressive Boots
- > 1 Compex Fixx 2.0 Massage Gun

Fungible material provided by ENOVIS:

- > Massage Table Paper
- > Winback Cream
- > Echograph Gel
- > Electrode Pads 5x5
- > Electrode Pads 5x10

Material for treatment:

- > There will be all material necessary for physiotherapy treatment

Other material:

- > Wheelchair
- > Crutches

Staff:

- > 2 Qualified Physios
- > 2 Apprentice Physios

Agenda:

Should one require physiotherapy treatment, they must request it 24 hours in advance at the physiotherapy room at the competition venue. All gymnasts under the age of 18 must be accompanied by an adult.



Physiotherapy Room Operating Hours:

MONDAY 21st (7:00-21:00)

TUESDAY 22nd (7:00-18:00)

WEDNESDAY 23rd (7:00-22:10)

THURSDAY 24th (7:00-22:10)

FRIDAY 25th (8:30-20:30)

SATURDAY 26th (8:30-21:00)

SUNDAY 27th (9:30-19:15)

Medical Chief Officer contact number

+34 625451825



03.

Ambulances

Human resources and material

Present at all times while gymnasts are at the venue, will be an SVA-1 (Advanced Vital Support completely equipped with: 1 doctor, 1 nurse and 1 emergency medical technician, also known as an EMT) and an SVB-3 (with 2 EMT's). Additionally, there will be an SVA-2 (with doctor and EMT) during the competition schedule in case of incidents involving the public). No training or competition may take place until the main medical unit is in place.

Summary:

- > 3 ambulances
- > 2 doctors
- > 1 nurse
- > 4 medical emergency technicians

04.

Organisation

- > There will always be a member of health-care staff supervising each area
- > The staff will be notified if required to move to another area
- > There will always be someone present in the medical room
- > Staff will take lunch breaks on a rota system, so the doctor or nurse will always be available
- > Each area will contain an AED

MONDAY 21st (7:30-21:00) and TUESDAY 22nd (7:30-21:00) TRAINING ONLY

Main carpet and Training area

> TRAINING AREA

- > Doctor with 1 EMT

> COMPETITION AREA – MAIN CARPET

- > Nurse with 2 EMT's.

- > There will always be a member of health-care staff supervising each area
- > The staff will be notified if required to move to another area
- > There will always be someone present in the medical room
- > Staff will take lunch breaks on a rota system, so the doctor or nurse will always be available



WEDNESDAY 23rd (7:00-22:30) and THURSDAY 24th (7:00-22:30) TRAINING AND ALL DAY COMPETITION

- > There will always be a member of staff supervising the competition, training and warm-up areas.
- > There will always be someone present in the medical room
- > **COMPETITION AREA – MAIN CARPET/WARM-UP AREA:**

TEAM1: SVA-1 (gymnasts entrance car park) **doctor 1 + nurse 1 + EMT 1**, from the moment the doors open to the gymnasts, no training nor competition may take place until the main medical unit is in place.

A medical table shall be placed (portable first-aid kit + AED) in the main competition area, close to the podium, where the medical staff will be present. The doctor may not move from said location whilst gymnasts compete. Both **EMT 1** and **nurse 1** may carry out other functions in the medical room, warm-up area, or should the Medical Chief Officer require their assistance.

Any incident or change of whereabouts must be communicated immediately to the Medical Chief Officer, with whom all must be totally coordinated with at all times.

Should at any point the **doctor 1** be absent from their supposed location while the competition is on, there must be a substitute by way of nurse or **doctor 2**.

TEAM 3: SVB3, along with the **SVA** there will be **SVB** (Basic vital support) for non-urgent transfers. The two **EMT's 3** shall aid the health-care staff in the training and warm-up areas. They will be available transfers that do not require a doctor. They shall have an AED and portable first-aid kit at all times. They will be located in the warm-up area. A translator shall accompany the person transferred if necessary.

> TRAINING AREA (AED AT ALL TIMES)

TEAM 2: SVA2 with DOCTOR2 + EMT 2, throughout the entire competition schedule and will cover Hall 2. **Nurse 1** may aid them if necessary, as well as the two **EMT 3's** from TEAM 3.



> **PUBLIC AREA (AED AT ALL TIMES)**

TEAM 2: SVA2 (parking at public entrance) with **doctor 2 + EMT 2**, throughout the competition schedule upon venue opening. An hour before the competition starts, medical assistance will be present by teams 1 and 3 at all times.

Team 2 will coordinate with **Valencia Civil Protection** (pending conversation) who will be notified of any incident in the stands in order to communicate with the Medical Chief Officer.

Nurse 1 or the **EMT's 3** will attend and evaluate the incident before advising the doctor 2 if necessary.

Doctor 2 and **EMT 2** will be located in the training area and will assist the public if required or in case of emergency, doctor 1 shall assist if nearer to the incident, always ensuring a member of health-case staff remain present in their area (competition or training area).

FRIDAY 25th, SATURDAY 26th and SUNDAY 27th
TRAINING (mornings) + COMPETITION (afternoons)

> **TRAINING AREA (mornings):**

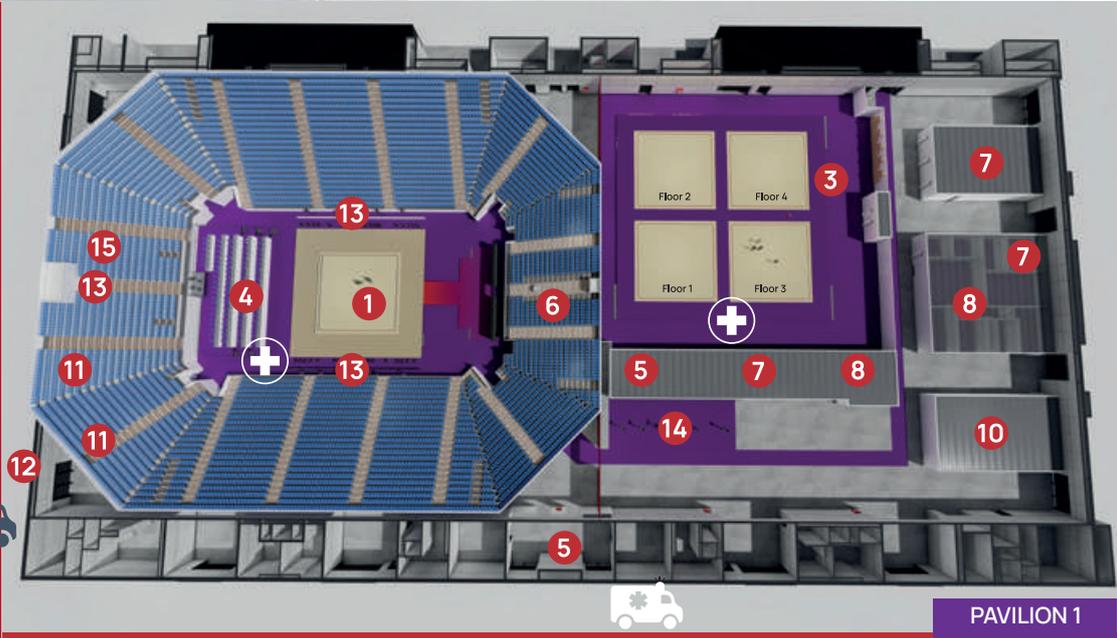
Team 1 and **Team 3** shall be between the training area and the infirmary, ensuring that there are staff at both locations.

> **Afternoons:** See 23rd and 24th

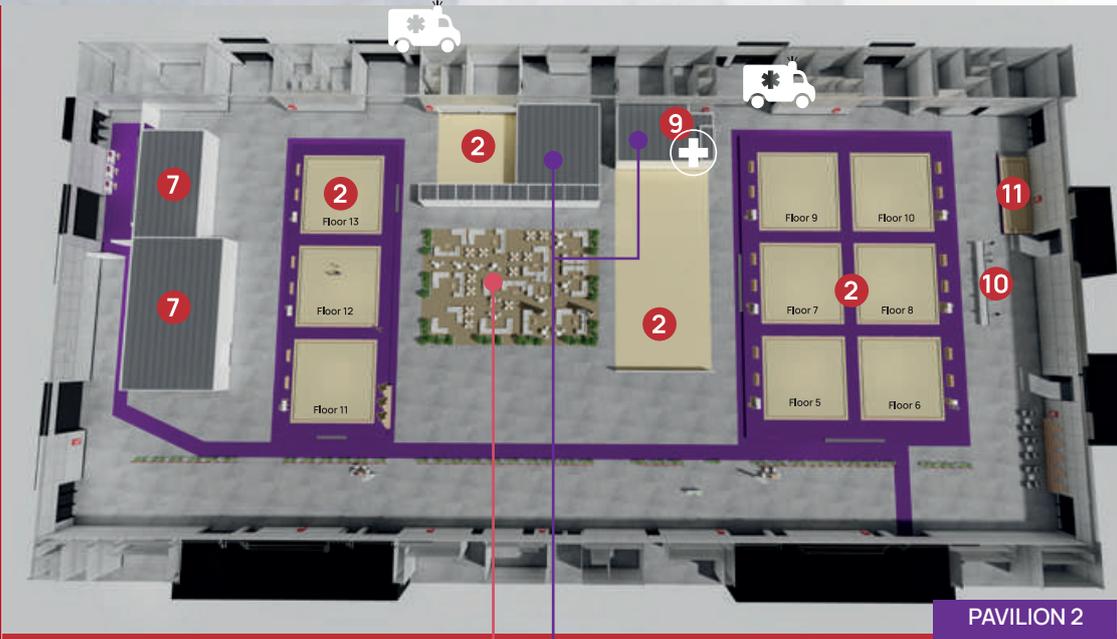




**AMBULANCE PARKING AREA:
Mall Floor. Medical Room:**



PAVILION 1



PAVILION 2

ZONE	DESCRIPTION
1	Competition Area
2	Training Hall
3	Warm-up Hall
4	Competition Management and Judges' seating
5	Judges' Meeting Room /Break Area
6	Delegation seating
7	LOC Offices
8	FIG Offices
9	Doping Control Zone
10	Media
11	Media Grandstands
12	TV Compound
13	Photographers' Positions
14	Mixed Zone
15	VIP

Gymnasts' Lounge

Medical Area

Communication:

All teams will be connected via walkie-talkies

1. Medical Chief Officer
2. Physiotherapy Room (permanent)
3. Medical Room (permanent)
4. Main Medical Team/Competition: Doctor 1+ Nurse 1 + EMT 1 (SVA-1)
5. Public Team/Training: Doctor 2 + EMT 2 (SVA-2)
6. SVB with 2 EMT 3's

Operating Hours and Budget

VENUE OPERATING HOURS (training and competition): 90 hours

There will always be a member of the health-care team supervising in the competition, training and warm-up areas.

COMPETITION HOURS (public assistance): **39 hours**

05.

Pharmacies

Farmacia

Pharmacy · C/ de Benimodo
Opens 5 PM
In-store shopping

Farmacia Eucerin

Pharmacy Carrer del Brasil, 37
In-store shopping · Delivery

Farmacia

Pharmacy · C/ de Guillem de Castro, 108
In-store shopping

Blasco Martínez SPD

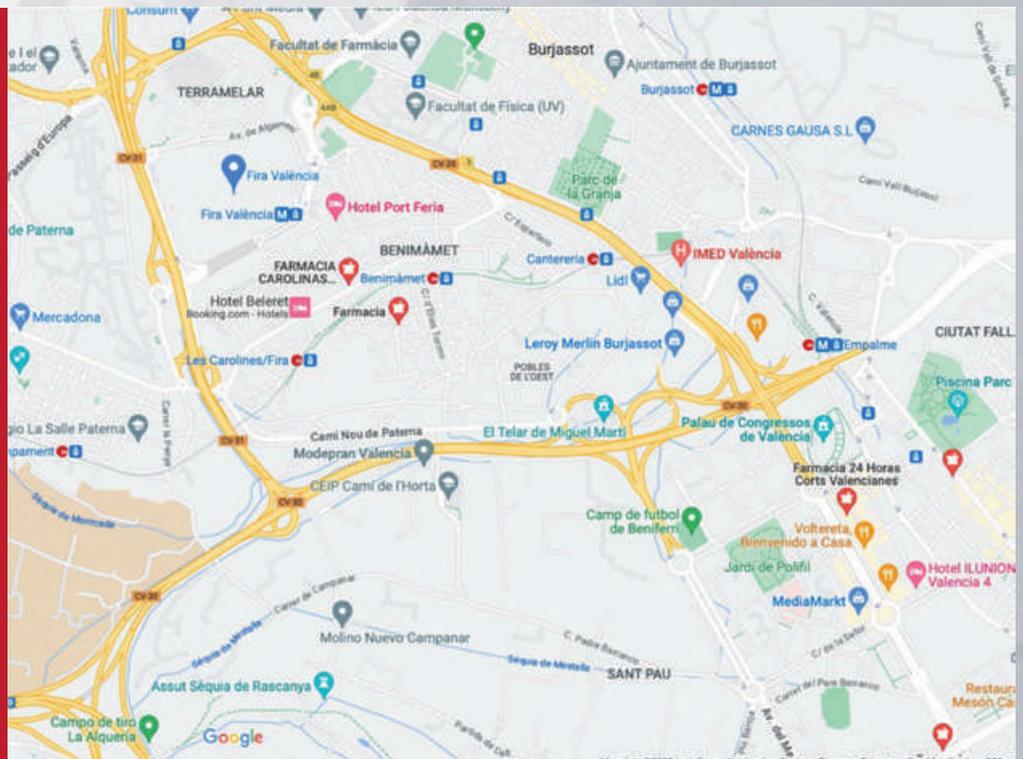
Pharmacy
Closes 8:30 PM · 961 93 20 22

Farmacia 9 de Octubre

Pharmacy · C/ del Nou d'Octubre, 10
Closes 10 PM · 671 44 83 44
In-store shopping

Farmacia El Pouet

Pharmacy · Av. dels Tamarinde, 14
Closes 9:30 PM · 963 49 79 71
In-store shopping



06.

Hospitals

Hospital Arnau de Vilanova

General Hospital
Carrer de Sant Clement, 12
Open 24 hours
961 97 60 00

Hospital de Crònics de Mislata

Hospital
Carrer de Dolores Ibárruri, 1
963 87 46 93

Vithas Hospital October 9

Private hospital
C/ de la Vall de la Ballestera, 59
Open 24 hours
963 17 91 00

IMED Valencia

Private hospital
Av. de la Il·lustració, 1
Open 24 hours
963 00 30 03

Krankenhaus

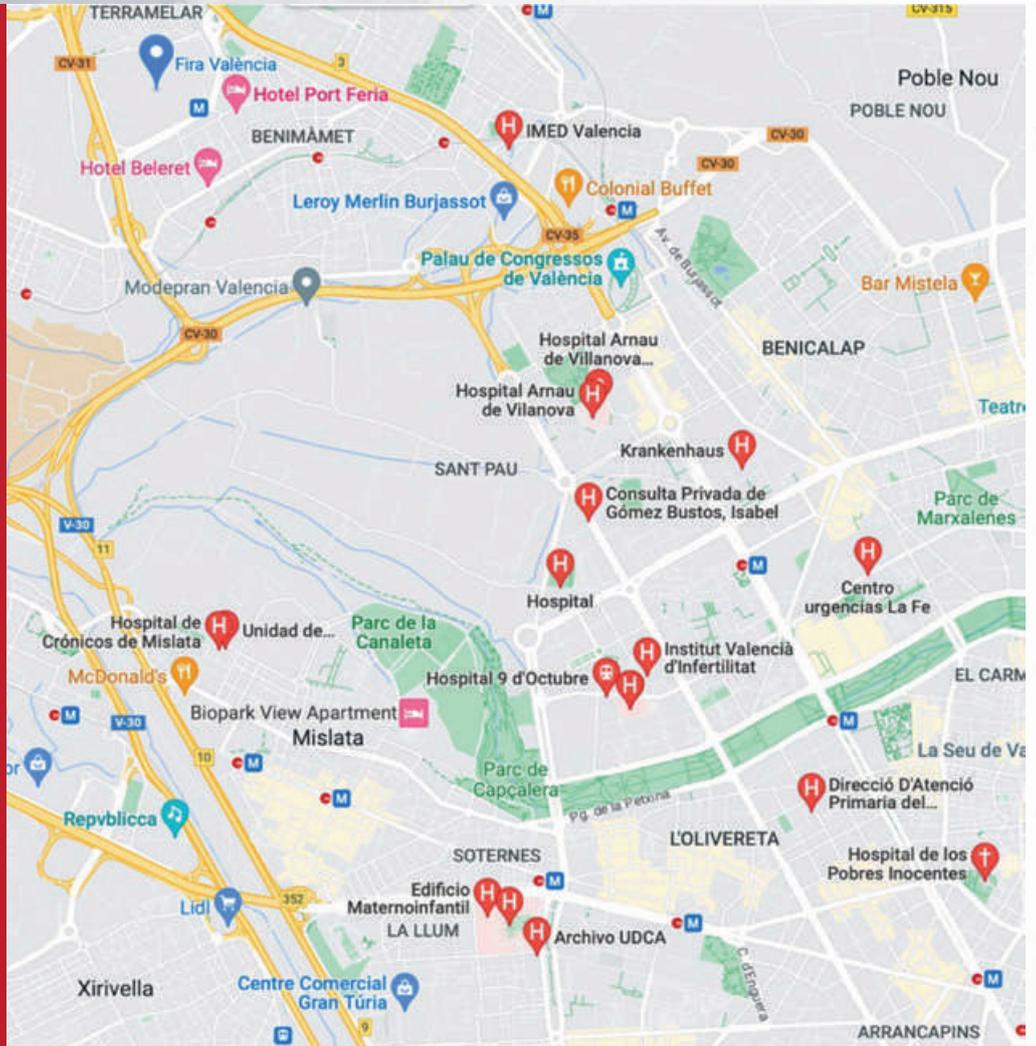
Hospital
Carrer Amics del Corpus, 17,9

Consortium General University Hospital of Valencia

University hospital
Av. de les Tres Creus, 2
Open 24 hours
963 13 18 00

Edificio Materno infantil

Maternity hospital
Av. de les Tres Creus, 2
Open 24 hours
963 13 18 00





Insurance Company:

The hospitals that work in conjunction with our accident cover are:

- > **Vithas Hospital Valencia 9 de Octubre – 5.7km away (10 min)**
Valle de la Ballestera, 59
PRIORITY FOR THEIR PROXIMITY AND SERVICES
- > Hospital Clínico Universitario Valenciano – 8.8 km away (17 min)
Avda Blasco Ibañez, 17
- > Hospital Quirón Valenciano – 8.5 km away (16 min)
Avda Blasco Ibañez, 14
- > Hospital Vithas Valencia Consuelo – 7.6 km away (15 min)
Callosa d'En Sarrià, 12
- > Hospital Universitario La Fe – 13.1km away (17 min)
Avda. Fernando Abril Martorell, 106



Nearby Public Hospital For Possible Public Transfers:

Hospital Arnau de Vilanova – 3.9km away (8 min)
Carrer de Sant Clement, 12

The IMSSA protocol indicates that you must call them on +41269218001 (Switzerland) in the first instance, so that they can authorize the hospital to be attended to.



07.

Protocols



PROTOCOL FOR SERIOUS INCIDENTS

IN CASE OF ACCIDENT: Immediate evacuation via SVA1 to the priority hospital or that indicated by 112 according to patient's case.

SPORTS ACCIDENT: Immediate evacuation via SVA1 to the hospital indicated by the insurance company.

PUBLIC: Immediate evacuation via SVA2 (team completed by nurse 1) to the nearest hospital (Arnau Vilanova) indicated by 112 according to patient's case.



PROTOCOLO FOR MINOR INCIDENTS

For any minor accident, the doctor in the area (competition or training) will contact the Medical Chief Officer, who will attend the area in question or the medical room in order to evaluate the injury and fill out an accident form if necessary.

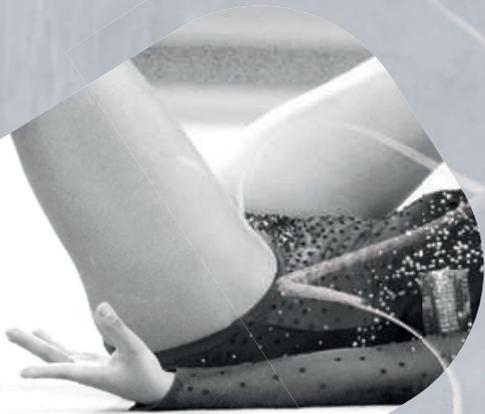
Should a transfer be required, it will be carried out by an SVB with EMT 3's. A translator will accompany if necessary.



PROTOCOL FOR INCIDENTS OUTSIDE OF MEDICAL OPERATING HOURS

The Medical Chief Officer's contact number shall be handed to each Head of Delegation in order to assess any medical situation outside of the venue operating hours. The Medical Chief Officer shall act as intermediary with the Valencia Health Services in order to help process the needs requested by the Heads of Delegation.

This process should only be used in case of emergency and any other consultation should be undertaken during training or competition hours, in those which the medical room will be open.



08.

Doctors and physiotherapists

Should a possible injury be detected in the physiotherapy area, the physiotherapist shall contact the Doctor (during competition hours it will be Doctor 2, who will be in the training area and if outside of this time frame, it will be Doctor 1) in order to evaluate the injury on site. Should this person be busy or unable to be located, the case should be communicated to the Medical Chief Officer to call a doctor to attend as soon as possible. The gymnast can also be sent to the Medical Room.

Should the doctor detect an injury that could be treated by a physiotherapist, they will send the gymnast to the physiotherapy room, where they can request via the head physio a slot to be seen depending on the scale of the injury.

