



Waterbury Area Trails Alliance
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Proposal for Consideration: 2025 Gravel Grinder

History:

This is the 17th annual Gravel Grinder. All proceeds from the event directly support trail building, maintenance, and land stewardship in the Waterbury Area--Perry Hill & Little River State Park. They also help fund our long-range plans to link WATA trails to other local trail systems.

Plan:

- Sunday, May 4th with a staggered ride starting at 8:30 AM and 9AM from Pilgrim Park.
- We will expect to have 300-400 participants this year with another ~30 volunteers to support it
- The route will go through Waterbury Center, into Stowe Hollow, then back to the village where some riders will continue over into Moretown
- Pre Ride and Post Ride food and drink concessions available for riders (all permits for vending food and drinks will be obtained)
- Both Stowe Rescue and Waterbury Fire departments will be notified of event (Stowe - Scott Brinkman/Waterbury - Dakota Matayer)
- Emergency Action plan, below.

2025 Gravel Grinder Safety and Emergency Action Plan

Pre-event Notification:

- Ride notification will be posted on Waterbury/Duxbury/Stowe Front Porch Forum. - Event information signage will be posted on town roads prior to the event (including both ends of Crossett Hill Rd.)
- Additional notifications will be made where possible (Facebook, newspaper, etc)

Pre-event Safety Precautions:

- Waterbury Fire and Rescue, Washington County Sheriff, and State Police will be pre-notified of the event and will be provided with ride safety plans, maps and application contact information.
- Riders will be notified prior to the ride that they along with spectators are prohibited from parking in private drives, turnouts and fields/yards.
- Riders will be informed of required good road etiquette (riding single file, not blocking intersections, paying attention to traffic at aid stations, etc.) during the event.

Ride-day Precautions:

- Ride start will be staggered at 8:30am and 9:00am
- Riders are required to follow the marked course for the duration of the event. Course will be marked with yellow signs indicating direction and spray paint on the road surface for key turns. Course marshals will be stationed at critical turns where deemed necessary.
- Cones and barricades will be placed at critical intersections (precise locations TBD the day prior to the event during course marking).
- Signage will be placed in strategic locations to alert drivers that there is a ride occurring (these signs will be promptly taken down after the ride).
- Volunteers will be placed at strategic locations along the course to let riders know about oncoming turns and to give drivers a warning that there may be bikes present. - There will be volunteers along the course at:
 - 18 Elm St. in the Waterbury Village for the beginning of the ride (mass start escort)
 - Route 100 and Route 2 Intersection
 - Stevens Brook Rd. and Route 100
- The course will be swept clear of riders by a vehicle at the end of the ride.

Insurance & Liability:

VMBA's insurance covers the participation of the volunteer for the ride. Barring willful and wanton negligence – volunteers are covered. Every participant will have signed an assumption of risk form at registration. Once this paperwork is complete, the rider will be given a wristband.

The wristband indicates that riders have assumed personal responsibility for any existing medical conditions that may impact their experience. For example, riders are asked to disclose if they have a bee allergy or other pre-existing condition. If so, the paperwork at registration requires that they assume personal responsibility for the administration of any medication if needed. If a volunteer sees someone without a wristband, they will ask them politely to make a quick run to registration to get one.

Every event volunteer must have a working cell phone.

Risk Management Elements

1. VMBA's insurance covers event volunteers.
2. The two ride option difficulty and description are posted in advance with a route map and additional important details.
3. Assumption of risk forms will be used that assures riders understand the physical demands of the ride and that they will administer their own medication should a need arise.
4. Ride is well marked, mapped and obvious risks have been mitigated.
5. Local EMS has been notified of event dates and scale.
6. Local authorities have been notified and traffic management strategies are in place.
7. Participants can choose to abandon the ride anywhere along the course and by doing so they accept full responsibility for themselves and their own safety. Abandoning the course may involve getting off the marked route. This decision is up to the individual and WATA/VMBA assumes no responsibility for that decision.
8. A check list of suggested items to bring is posted in advance.
9. A plan to respond to injury/illness on the route at regular intervals has been formulated.

Emergency Response

This section is not intended as a source of medical treatment/information.

An emergency can be defined as an event wherein a rider needs immediate assistance from another person to treat an injury or prevent additional injuries.

Volunteers are not expected to have medical training. It is assumed that care will be provided in a manner that is congruent with current medical certifications and that the local EMS will respond with more definitive care. If event volunteers do have current medical certifications, they will be strategically located. Their responsibility and liability is covered under the 'Good Samaritan' laws and is not explicitly covered under WATA/VMBA insurance or liability. Most commonly when riders crash, they quickly assess, take a breath and decide if they want to continue. A rider that has crashed and decides they no longer wish to ride is not an emergency.

Administering care

A currently certified first responder can administer care within the scope of their training. Inventorying the level of medical training among event volunteers and strategically locating them is a great step towards adequate emergency response. As always, definitive care will be provided by local emergency services personnel. Event volunteers are not expected to administer definitive care.

Head/Spine

If a rider crashes and reaches for their back or neck, DO NOT MOVE THEM. Have them lie still, immobilize their head and call 911 immediately.

If a person is just "off a bit" after a hard crash as per their friends – get them back to the start/finish with a vehicle as quickly as possible and call for medical assistance.

Bleeding

If a rider cannot effectively manage bleeding, apply pressure and call 911 immediately.

Anaphylaxis

If a rider is experiencing anaphylaxis, call 911 immediately. They may be carrying treatment, (an epipen) and may know how to manage their allergy.

Bone or Tissue

Everyone has a different pain threshold for joint damage and broken bones, etc. (excluding the head/neck – see above). In the event of a compound fracture or significant discoloration of surrounding skin is present – call 911 immediately. If the extent of an injury is unknown, it's best to be conservative and request the help of professionals.

Regulatory Illness

A 42 degree day with light rain is prime hypothermia territory. Symptoms include, blue lips and

shivering, mumbling, grumbling, stumbling, etc. Have them jump into a vehicle and crank the heat. Volunteers are encouraged to have a few extra t-shirts, jackets and a blanket if the forecast looks cold. However, volunteers are not expected to provide all potentially necessary equipment or clothing to deal with emergencies of this type. Riders are expected to provide for themselves adequately for the conditions forecasted for the day.

Alternatively, if the person is sweating excessively, is a bit irritable, complains of a headache or nausea, they may be experiencing **heat exhaustion**. A salt tab, some water, fanning them down and taking it easy will likely lead to a fairly quick recovery.

Heat stroke is a much more serious illness and will require a 911 emergency response. Symptoms include hot, dry skin, rapid breathing/heart rate and likely a throbbing headache. Cool these folks down as quickly as possible – get them into shade, pour water over them slowly and fan like crazy and/or get them into a vehicle and crank the AC. In the event that a person continues to experience heat stroke medical attention may be required.