



**2023 WORLD MOUNTAIN AND
TRAIL RUNNING CHAMPIONSHIPS**



MEDICAL HANDBOOK



**2023 WORLD MOUNTAIN AND
TRAIL RUNNING CHAMPIONSHIPS**



Chief Medical Officer

- › Univ. Prof. Dr. med. Wolfgang Schobersberger

Deputy Chief Medical Officer

- › PD Dr. med. Benedikt Tremel



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1 Medical Manual Introduction I

- ▶ The health and safety of our athletes is paramount. As organizers and as representative of the Medical Services of the World Mountain and Trail Running Championships Innsbruck 2023, we want everyone who participates in our sport to enjoy the competition and feel a sense of achievement. However, this is only possible in a safe environment.
- ▶ Our goal is to deliver a targeted and integrated medical operation that covers the different client groups attending the World Mountain and Trail Running Championships Innsbruck 2023. The Medical Service will provide first aid, first response and Medical Services to all persons at the venue and nominated official sites. This service will be fully integrated with the local health service, ensuring a seamless end-to-end medical response in place.



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1 Medical Manual Introduction II

- » For this reason, we are pleased to introduce the World Mountain and Trail Running Championships Innsbruck 2023 Medical Manual, which offers expert guidance and information to athletes, officials and all accredited participants, on the medical plan for the event.
- » This is a living document that will be constantly updated and shared with the partner organizations and other relevant stakeholders.
 - » Dr. Paolo Emilio Adami, MD, PhD, Medical Manager of the Health and Science Department at World Athletics
 - » Prof. Dr. med. Wolfgang Schobersberger, Medical Director WMTRC23



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2 Travel Information

» COVID-19

There are no restrictions for entry to Austria. Details see link to the health ministry: [Entry into Austria and pre-travel clearance \(oesterreich.gv.at\)](https://www.oesterreich.gv.at)

» Customs

Details for importation of medications to Austria by Team physicians, are available from the Austrian Health Ministry, at the link below. We recommend team physicians to prepare a list with all medications imported, in case customs authorities need to control the content of medical bags. Please keep all medications in a separate bag which should be closed at the customs.

<https://www.sozialministerium.at/en/Topics/Health/Information-for-travellers/Bringing-medication-to-Austria.html>



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3 In Case of Emergency

- ▶ Contact the public emergency service at phone number 122 (fire), 133 (police) or 144 (ambulance).



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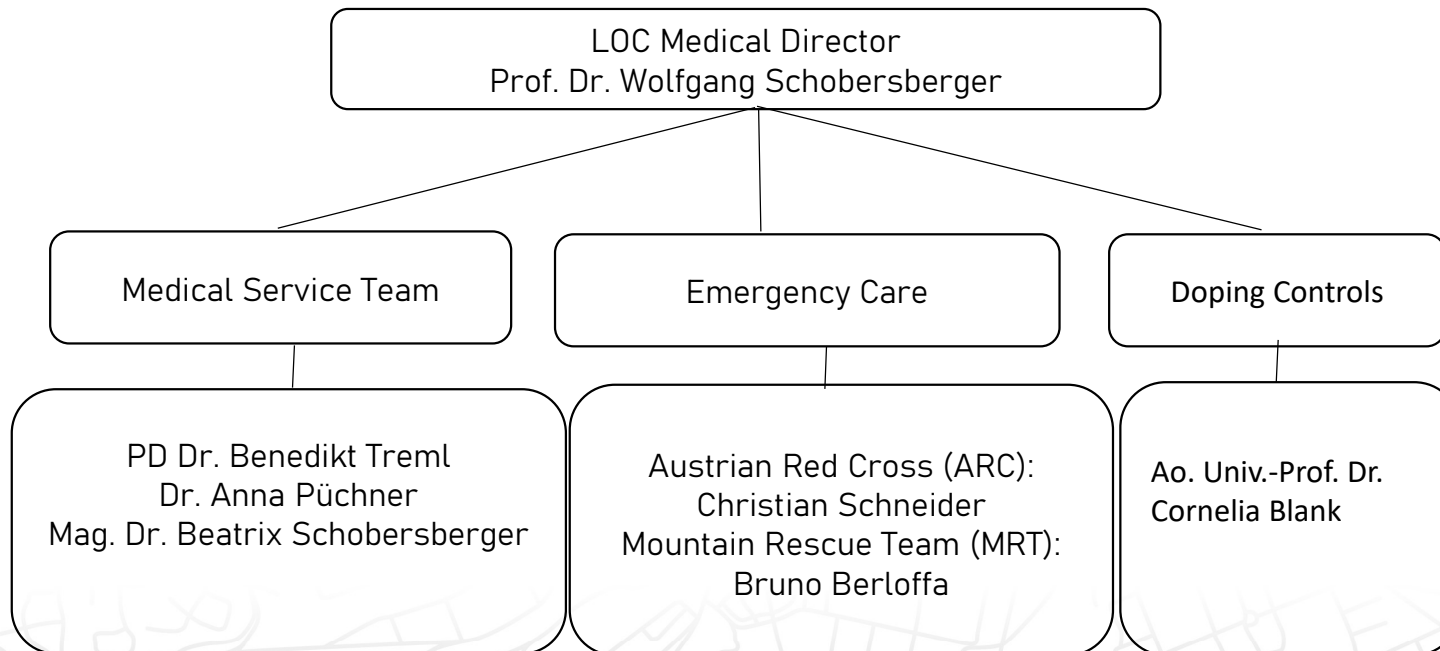
4 Medical Staff

- › LOC Medical Director Prof. Dr. Wolfgang Schobersberger
 - › wolfgang.schobersberger@tirol-kliniken.at

- › LOC Deputy Medical Director PD Dr. Benedikt Tremel
 - › benedikt.tremel@tirol-kliniken.at

- › LOC Doping Control Manager Ao. Univ.-Prof. Dr. Cornelia Blank
 - › cornelia.blank@umit-tirol.at

5 Organisation





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6 Resources

- ▶ There will be Medical Service centers in the finishing area, one for athletes and one for spectators.
- ▶ Athlete Medical Service at the competition venues will be operative 60 minutes before and until 30 minutes after official end of the competitions, or until the last treated athlete has left the medical facility.
- ▶ In case of any medical questions please contact our LOC medical team, available from June 5th to 10th, 07:00 a.m. – 07:00 p.m.
Mobile phone: +43 681 20310685
- ▶ Maps of all venues including the Medical Services will be sent separately.



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6.1 Athlete Medical Services at all Venues

- ▶ Human Resources:
 - ▶ emergency physician at start and in the finishing area
 - ▶ sports physician in the finishing area
 - ▶ paramedics at start and in the finishing area
 - ▶ physiotherapists at start and in the finishing area
 - ▶ mountain rescue teams with emergency physicians on the course
 - ▶ ARC teams with emergency cars and paramedics for transportation from course to hospital

- ▶ In case of need: specialized medical teams for heat stroke patients in the finishing area



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» Technical Resources for all venues

- » **RTW:** Ambulance car with equipment for Basic Life Support including AED + monitoring (min. ECG, SpO2, RR), oxygen, infusions, basic medications.
- » **NRTW:** Ambulance car with equipment for Advanced Life Support including AED (+manual defibrillation) + monitoring (min. ECG, SpO2, RR), oxygen, intubation, infusions, advanced medications.
- » **Medical Room:** Equipment for Advanced Life Support including AED (+manual defibrillation) + monitoring (min. ECG, SpO2, RR), oxygen, intubation, ventilator, infusions, advanced medications.



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7 Anti-Doping

- ▶ The Anti-Doping Regulations of the World Anti-Doping Agency will be applied. Post-competition doping controls are carried out by the Austrian National Anti-Doping Agency (NADA Austria) in cooperation with World Athletics. No out of competition testing will be implemented. The doping control stations will be situated in the Innsbruck Congress (Trail Long, Mountain Classic) and at the Neustift Sports Center (Trail Short, Vertical).



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8 Local Hospital: Innsbruck

» Tirol Kliniken /University Hospital Innsbruck

- » Anichstraße 35
- » 6020 Innsbruck
- » Phone Number:
- » Open hours: 24/7

+43 050 5040

- » The University Hospital Innsbruck has more than 1.400 beds offering all medical disciplines. It is one of the biggest hospitals in Austria. The flight time by helicopter is approximately 10 min from all running points in the Stubai area. By emergency car it can be reached within 25 min from Neustift.





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9 Local Doctors

- ▶ The listed physicians can be contacted as partner of the TRCWM2023.

9.1 Neustift

- ▶ Dr. Robert Lugmayr
 - ▶ Scheibe 39
 - ▶ 6167 Neustift
 - ▶ Phone Number:
 - ▶ Email:

+43 52262214

hausarzt.neustift@gmail.com



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9.2 Innsbruck

- » In case of medical need in Innsbruck (no emergency) there is a special medical service during weekends and holidays. In addition, all TRCWM hotels have a list with working hours of available physicians.

- » **Ärztlicher Funkbereitschaftsdienst (City Medical Service)**
 - » Available from Friday or holiday 8 p.m. until the next working day 7 a.m.
 - » Fallmerayerstraße 6
 - » 6020 Innsbruck
 - » Phone Number: +43 512 360006



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› General Physicians:

› Dr. Arthur Wechselberger

- › Speckbacher Straße 11
- › 6020 Innsbruck
- › Phone Number:
- › Email:
- › Open on Friday June 9th

+43 512 582125

praxis@dr-wechselberger.at

› Dr. Martina Gärtner-Oberthaler

- › Maria-Theresien-Straße 6
- › 6020 Innsbruck
- › Phone Number:
- › Email:
- › Open on Friday June 9th

+43 512 31 99 00

info@allgemeinpraxis-innsbruck.at



2023 WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS



› Dr. Momen Radi

- › Col-Di-Lana-Straße 33
- › 6020 Innsbruck
- › Phone Number:
- › Mobile:
- › Open on Friday June 9th

+43 512 263686

+43 664 3381395

› Dr. Wolfgang Müllauer

- › Technikerstraße 3, 6020 Innsbruck
- › Phone Number:
- › Email:
- › Open on Friday June 9th

+43 512 293262

wolfgang.muellauer@hotmail.com



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- › Sports Traumatology/Orthopaedics:
- › GELENKpunkt Prof. Dr. Christian Fink

- › Olympiastraße 39
- › 6020 Innsbruck
- › Phone Number:
(hotline)
- › Email:

+43 512 397030 or +43 664 3532220

info@gelenkpunkt.com



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10 Local Pharmacy

- › The listed pharmacies are partners of the TRCWM2023.

10.1 Neustift

- › St. Georg Apotheke
 - › 6167 Neustift Dorf 30
 - › Phone Number: +43 5226 3100
 - › Email: apotheker.neustift@tirol.com



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10.2 Innsbruck

» Apotheke Zur Triumphpforte

- » Leopoldstraße 12-14
- » 6020 Innsbruck
- » Phone Number:
- » Email:

+43 512 7271120

apotheker@triumphpforte.at

» Apotheke Zur Universität

- » Innrain 47
- » 6020 Innsbruck
- » Phone Number:
- » Email:

+43 512 573585

uni.apo@aon.at



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11 Medical Team Meeting

- » Before the competitions a medical team meeting is planned as part of the technical meetings.
- » **Technical Meeting Mountain Races**
 - » 06.06.: 16:00 – 17:00; Conference Room Venue Innsbruck
- » **Technical Meeting Trail Races**
 - » 07.06.: 17:00 – 18:00; Conference Room at fire department Neustift, close to the 11er Cable Car