

# Medical Manual

## Pacific Mini Games 2025

Koror, Republic of Palau

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### 1. MEDICAL INFORMATION

#### 1.0 Medical information

Welcome to all the medical teams and medical support personnel traveling to Palau with your respective national teams for the Pacific Mini Games 2025, to be held from June 29 - July 9, 2025.

On behalf of the Palau Medical Organizing Committee, we would like to formally acknowledge you all and brief you on the medical services and support that are available to you in Palau during your stay for the duration of the Pacific Games.

Your contact person for any concerns or questions during your stay is:

#### Co-Chief Medical Officers:

- Dr. Ngirachisau Mekoll
  - Email: [Ngirachisau.mekoll@palauhealth.org](mailto:Ngirachisau.mekoll@palauhealth.org)
- Lorraine Beketaut
  - Email: [Lorraine.beketaut@palauhealth.org](mailto:Lorraine.beketaut@palauhealth.org)

#### Public Health Director:

- Sherilynn Madraisau
  - Email: [sherilynn.madraisau@palauhealth.org](mailto:sherilynn.madraisau@palauhealth.org)

**Director of Hospital Services:**

- Clarette Matlab
  - Email: clarette.matlab@palauhealth.org

**Ministry of Health and Human Services**

P.O. Box 6027, Koror, PW 96940  
Phone: (+680) 488-2552  
Email: administration@palauhealth.org

**1.1 Palau Hospital and Health Facilities**

The Republic of Palau has one government hospital and 8 community health centers (CHCs). The main hospital, Belau National Hospital, is located in Meyuns, Koror. There are five community health centers which are located on the main islands of Koror and Babeldaob, while the remaining three are located on the islands of Peleliu, Kayangel, and Angaur. In addition to this, there are three private clinics offering medical services, all located in Koror.

**Belau National Hospital**

- Hospital Administration: (+680) 488-2552
- Emergency Room: (+680) 488-2558

Belau National Hospital has been designated as the primary facility for trauma and emergency cases during the Pacific Mini Games. Regular charges will be applied for medical services.

**Private Medical Facilities:****Belau Medical Clinic**

PO Box 822, Koror, Palau, 96940  
Phone: (+680) 488-2687, 488-2688  
Fax: (+680) 488-1087  
Email: Bmc@palaunet.com

**Family Surgical Clinic**

Phone: (+680) 488-6920  
Fax: (+680) 488-6922  
Email: fscstaff001@gmail.com

**Pacific Family Medical Clinic (PFMC)**

Phone: (+680) 488 - 6665  
Email: pfmsreferral@gmail.com

## 1.2 Registration

The traveling medical personnel who are expected to provide medical care for their teams while in Palau will need to be registered and provided with a temporary practicing license in accordance with the Palau Board of Health Professionals.

i. Doctors: Not required to be registered in Palau if their practice is limited to their team members only. Doctors offering services to assist with local medical personnel during the Games are required to be registered.

ii. Nurses: All are required to be registered. Contact the Palau Board of Health Professionals.

iii. Allied health professionals: (Physiotherapists, dietitians etc.) All are required to be registered.

The documents needed for this process can be obtained from the Secretariat for Palau Board of Health Professionals:

Roselynnne Andres  
[roselynnne.andres@palauhealth.org](mailto:roselynnne.andres@palauhealth.org)

It is expected that the visiting health personnel, upon receiving their temporary practicing licenses in Palau, will practice within the scope of what they are actually licensed for in their own countries.

## 1.3 Medical insurance

All teams are advised to have their own insurance coverage for the following:

### 1. Medical Evacuation Insurance

It is recommended that coverage be in place for all athletes, officials, and volunteers.

It is recommended that insurance include emergency medical transportation to nearby countries if specialized care is needed.

### 2. Comprehensive Health Insurance

It is a recommendation that comprehensive health insurance include the following:

- Cover emergency medical treatment
- Repatriation - if an athlete requires return to their home country for ongoing medical care
- Dental care for emergency treatment
- Travel and accommodation for evacuees.

### 3. Liability Insurance:

Teams should check if they are covered by event liability insurance.

Insurance is particularly important in case the service needed is not available within the MHHS services.

#### **1.4 Medical Clinical Services for Athletes and Officials:**

Emergency services outside of the polyclinics and games venues stated below are provided by Palau's Emergency Medical Services (EMS).

There will be medical services and personnel accessible at the following locations:

##### **Polyclinics:**

1. Games Village (PCC) - Main Poly Clinic (Monday to Saturday 7:00am to 10:00pm)
2. Meyuns Youth Center - Mini Poly Clinic (Open when scheduled games are taking place)

All polyclinics are equipped with emergency response capabilities and response personnel.

Services provided:

- Sports medicine
- General medicine
- Emergency dental care (on call)
- Physiotherapy service
- Public health
- Limited laboratory (point of care testing)
- Pharmacy
- Ambulance service (on call)

##### **1.4.1 Sports venues**

Each sports venue will have its own designated area for medical and first aid services, paying particular attention to contact sports such as basketball, wrestling, and judo. Each venue will be manned by a health educator and a volunteer who is First Aid and CPR/AED certified.

The Pacific Mini Games will feature 14 sporting events: Athletics, Paddling, Swimming, Wrestling, Softball, Table tennis, Archery, Basketball, Judo, Weightlifting, Baseball, Triathlon, Volleyball, and Tennis.

Most venues will be located in Koror with exception of one in Melekeok and one in Ngiwal. Based on the risk assessment for each sport, specialized medical teams will be available to address sport-specific injuries.

### **Sports Venue Opening Hours**

All sporting venue medical services will operate 2 hours prior to the start of each game and end when the last of the athletes have vacated the venue.

Each sporting venue will be attended by a health educator and a volunteer who is first aid and CPR/AED certified. Medical providers will be mobile and will respond to any medical events that occur. Mobile Medical providers will include the following:

- Doctor 1
- Nurse 1
- Physiotherapist 1
- DEH 1
- Surveillance 1

The following sports have been categorized by risk level:

#### **High Risk Sports:**

- Wrestling
- Judo
- Basketball
- Triathlon
- Swimming/Aquathon

#### **Moderate Risk Sports:**

- Athletics
- Softball
- Baseball
- Tennis
- Volleyball

#### **Low Risk Sports:**

- Swimming
- Paddling
- Table Tennis
- Archery
- Weightlifting

### **1.4.2 Polyclinics**

Games Village Poly Clinic (PCC)

- General medical and emergency services and treatment are available onsite Monday to Saturday from 0700hrs to 2200hrs (10pm).
- The Games Village will house approximately 1,700 athletes during the Pacific Mini Games.
- Mental health support (Ewatel Building, PCC)

#### Mini-Poly Clinic (Meyuns Youth Center)

- The Meyuns polyclinic will operate on days with ongoing events and will be staffed mainly by a qualified doctor and registered nurse(s).
- General medical and emergency services, and physiotherapy.

### 1.5 Medical service directory

Any information regarding the medical services available please contact:

Focal Points for Contact	Person	Phone no. (+680)	Email
Director of Hospital Services	Clarette Matlab	775-1760	<a href="mailto:clarette.matlab@palauhealth.org">clarette.matlab@palauhealth.org</a>
Public Health Director	Sherilynn Madraisau	775-3744	<a href="mailto:sherilynn.madraisau@palauhealth.org">sherilynn.madraisau@palauhealth.org</a>
Health System Administration	Arnice Yuji	775-2864	<a href="mailto:arnice.yuji@palauhealth.org">arnice.yuji@palauhealth.org</a>
Emergency Room (Belau National Hospital)		488-2558	

### 1.6 Public health team

Public health area	Leads/Personnel	Phone Numbers	Email and phone numbers (+680)
Disease Surveillance, Outbreak management	Connie Bieb Olikong	775-3105	<a href="mailto:connie.olikong@palauhealth.org">connie.olikong@palauhealth.org</a>
Environmental Health	Chief Calvin Johanes	775-6073	<a href="mailto:calvin.johanes@palauhealth.org">calvin.johanes@palauhealth.org</a>

Medical officers will be allocated to each Games venue for the duration of the particular sport. Games officials seeking treatment will be seen at the venue or nearest polyclinic.

### **1.7 Private medical clinics and pharmacies**

A number of private medical clinics and pharmacies are available in Koror. However, any athlete or official seeking medical care at any private clinic or pharmacy will have to cover their own expenses.

### **1.8 Emergency services at Belau National Hospital**

The Emergency Room at Belau National Hospital in Koror is open 24 hours and can be accessed by anyone for emergency services.

Important note for all athletes and officials referred and transported for emergency care at Belau National Hospital: The Ministry of Health and Human Services takes over patient care and management. Any team medical personnel services end when the athlete or official arrives and accesses case at the Emergency Room (ER). They can assist under the direction of the attending MHHS staff at the ER upon presenting credentials and official Pacific Mini Games identification to the medical officer in charge of the ER.

## **2. MEDICAL SERVICES**

### **2.0 Medical services at Pacific Games Polyclinic**

#### **Polyclinic - Games Village (PCC)**

- Open: 0700hrs
- Close: 2200hrs (10pm)

Medical Services	Resources	Key Role	Essential Requirements
<p>Services Include:</p> <ul style="list-style-type: none"> <li>• General Practice</li> <li>• Physiotherapy</li> <li>•</li> <li>•</li> </ul>	<p>Clinical Staff:</p> <ul style="list-style-type: none"> <li>• 1 Doctor</li> <li>• 1 Nurse</li> <li>• 1 Physio</li> <li>•</li> </ul>	<p>Primary medical care facility for athletes and officials during training and competition</p> <p>Handles non-emergency medical issues, minor injuries, ongoing treatment, and health monitoring</p> <p>Serves as the first point of medical contact before referral to higher-level care, if needed.</p> <p>Coordinates with venue medical teams for continuity of care.</p> <p>All acute patients requiring hospital-level care will be referred to the Emergency Room (ER) at Belau National Hospital for Pacific Mini Games patients.</p>	<p><u>Facility:</u> Room with furniture for medical clinic, tent, table, folding chairs for first aid providers, chairs, computer and printer, air conditioning, filing cabinets, partitions.</p> <p><u>Equipment &amp; Supplies:</u> Oxygen tanks, AEDs, examination beds, observation beds, gurney, wheelchair, crutches, suturing equipment, wound dressings, basic physiotherapy supplies.</p>

**Mini- Poly Clinic @ Meyuns Youth Center (Competition Events Only)**

- Open: During competition days only
- Operating hours: 2 hours before event start to event completion.

MEDICAL SERVICES	RESOURCES	KEY ROLE	ESSENTIAL REQUIREMENTS
<p>Limited resources based on event risk level, including basic first aid, emergency response, and injury assessment</p>	<p>Staffing:</p> <ul style="list-style-type: none"> <li>• 1 Doctor</li> <li>• 1 Nurse</li> <li>• 1 Physio</li> <li>• 1 DEH</li> <li>• 1 Surveillance</li> </ul>	<p>Event specific medical coverage for competitions at Skojio ra Meyuns</p> <p>Provide immediate care for sports injury during competition</p> <p>Focuses on rapid assessment, stabilization and referral as needed</p> <p>All acute patients requiring advanced care will be transferred to Belau National Hospital based on need</p>	<p>Basic medical room set up, AED.</p> <p>Limited examination supplies, basic first aid supplies, sports injury management equipment, ice and cooling supplies, emergency communication system.</p> <p>Coordinate transport arrangements for referrals.</p> <p>Equipment scaled to event risk level.</p>

### 3. HEALTH SERVICES

#### 3.1 Palau Pacific Mini Games Medical Team

The Palau Pacific Mini Games Medical Team is responsible for the delivery of all medical services during the Palau 2025 Pacific Mini Games.

##### Polyclinic

- Manager/physician
- Nurses
- Physiotherapists
- Administrative support

##### Belau National Hospital

- Urgent care
- Emergency care
- Surgical services
- Medical services
- Pediatric services

- Hyperbaric chamber
- Behavioral health services
- Outpatient and inpatient services
- Ancillary services
- Dentistry

#### **4. NEEDLE POLICY**

The Palau 2025 Pacific Games is "needle-free" for all participating athletes.

Needles must not be used except by:

1. Medically qualified practitioners for the clinically justified treatment of injury, illness, or other medical conditions (for which a valid Therapeutic Use Exemptions may be required); or
2. Those requiring auto-injection therapy for an established medical condition with a valid Therapeutic Use Exemption (e.g. for insulin-dependent diabetes).

#### **5. DRUG POLICY**

There are special rules that apply to visiting sports teams who are bringing particular/certain medicinal products into Palau.

It is expected that the bulk of each individual team's medications will be imported with the teams themselves. However, if the need arises, please liaise with the local doctors for any extra medicines that are needed and that can be dispensed by our local pharmacies.

Please note that if an individual or team brings substances that require permission into Palau without a permit, they will be confiscated at Customs.

#### **6. PUBLIC HEALTH**

During the Games, comprehensive integrated public health services will be provided in all competition and non-competition venues. The public health needs and issues for the Palau 2025 Pacific Mini Games will be managed by the Ministry of Health and Human Services (MHHS).

##### **Health Education and Awareness**

The Ministry of Health and Human Services will provide:

- Health promotion
- Mental health awareness education
- Educational materials on heat stress management
- Information on local vector-borne diseases and prevention methods

## **Disease Control & Prevention**

Vector borne diseases such as dengue, chikungunya virus, zika virus, and lymphatic filariasis are endemic in many Pacific island nations. Protect yourself against vector borne diseases by using insect repellent morning, day and night, and using mosquito nets at night where practical.

Athletes, coaches, and management delegations coming from countries with common vector-borne illnesses (malaria, dengue, leptospirosis, etc.) should ensure they take prophylaxis or prevention measures during their time in Palau. Countries with a history of recent outbreaks of viral illnesses such as measles, whooping cough, etc. must ensure health clearance for all members of the delegation.

Those with chronic medical conditions must ensure adequate supplies of personal medications are available and that complete medical assessments are done before travel.

Food borne illnesses can be prevented by practicing proper hygiene.

### **6.1 Prevention of public health emergencies**

The strongest emphasis on the prevention of public health emergencies will be focused on protecting and improving the health of individuals, in this case, athletes and spectators, by promoting healthy lifestyles and ensuring systems are established to prevent, detect and control diseases.

### **6.2 Disease surveillance system**

The Ministry of Health and Human Services (MHHS) will strictly enforce the prevention and control of infectious diseases during the Palau 2025 Pacific Mini Games by monitoring the following syndromes and events:

- Acute fever and rash
- Influenza-like illness
- Dengue-like illness
- Prolonged fever
- Diarrhea
- Conjunctivitis
- Other unusual and unexpected events

An effective disease surveillance system is sensitized to detect early outbreak signals from the clinicians on the ground and to trigger the appropriate level of response. The MHHS, other government sectors, and external partners (Pacific Community and the World Health Organization) will manage all aspects of public health surveillance, reporting, and response during the Palau 2025 Pacific Mini Games.

## **6.3 Infectious Disease Protocols**

### **Testing & Screening**

- All participants (athletes, officials, volunteers, and staff) should follow any screening requirements set by the Ministry of Health and Human Services.
- Health checks will be implemented as needed to detect potential symptoms and control any outbreaks.

### **Isolation Facilities**

- Designated isolation areas will be set up for anyone exhibiting symptoms of infectious diseases. These facilities will be equipped with the necessary medical equipment to monitor and treat mild cases.

### **Vaccination Recommendations**

- All travelers are advised to ensure routine vaccinations are up to date including:
  - Measles, mumps, rubella (MMR)
  - Diphtheria, tetanus, pertussis (DTaP)
  - Polio (OPV or IPV)
  - COVID-19

## **6.4 Response to Epidemics of Communicable Diseases**

During the Games, the Medical Team will respond to reports of reportable communicable diseases according to local surveillance and response protocols.

## **6.5 Policy of Smoking Control in Venues**

### **Competition Venues**

According to the law for the promotion of the nation's health, smoking is not allowed in public facilities including game venues and housing villages. The importation, possession, and use of electronic cigarettes (vaping) is illegal in Palau.

## **7. Team Medical Services**

### **7.1 Insurance**

All travelers require medical insurance to cover themselves against injury and illness during their stay in Palau. The Belau National Hospital accepts the following insurance providers:

- Calvo's Select Care
- Net Care
- Take Care

- Stay Well
- Diver's Alert Network (diving)

The temporary registration/licensure does not include medical malpractice or professional indemnity. It is strongly recommended that healthcare professionals ensure adequate coverage is provided through their usual insurance agent or broker.

## **7.2 Inquiries/issues resolution**

Should any team medical staff or team management feel there is an issue with the Palau 2025 Pacific Mini Games medical program or with a medical program workforce member, it should be brought to the attention of:

- Co-Chief Medical Officer: Dr. Ngirachisau Mekoll 775-0255
- Co-Chief Medical Officer: Lorraine Beketaut 775-4234

## **8. APPENDIX**

# Comprehensive Medical Coverage Plan

## Pacific Mini Games 2025

Koror, Republic of Palau

**Dates:** June 29 - July 9<sup>th</sup> 2025

**Sports:** 14 sporting events – Athletics, Paddling, Swimming, Wrestling, Softball, Table tennis, Archery, Basketball, Judo, Weightlifting, Baseball, Triathlon, Volleyball, Tennis

**Venues:** Koror, Melekeok, and Ngiwal

**Athletes village:** Palau Community College (PCC), Koror Elementary School (KES), Palau High School (PHS), Mindszenty High School (MHS), George B. Harris Elementary School (GBH), Meyuns Elementary School (MES) and Maris Stella School (MSS)

**Expected # of Athletes:** Approximately 1,900

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### Goals for Medical Coverage:

- **Ensure Athlete Safety**
  - Provide accessible and timely medical care for all athletes during competitions.
  - Implement injury prevention programs, including physiotherapy support and warm-up education.
- **Comprehensive Emergency Response**
  - Establish adequate emergency medical teams at game venues.
  - Train local health care providers and medical volunteers to respond to sports-related emergencies effectively.
- **Community and Spectator Care**
  - Offer first-aid services for spectators and community members attending events.
  - Educate the public on health safety tips (e.g. heatstroke prevention, proper handwashing, food safety, stress management, etc.).
- **Capacity Building for Local Health Systems**
  - Strengthen local medical infrastructure to handle increased demand during the games.

- Conduct pre-event workshops, trainings and simulations to prepare medical teams for high-stress scenarios.
- **Health Surveillance and Disease Prevention**
  - Health promotion and risk reduction
  - Implement communicable disease prevention protocols if needed.
- **Mental Health and Wellness Support**
  - Mental health resources and counseling services are available for athletes and staff.
  - Address performance-related stress and promote psychological well-being by health messaging.
- **Collaborative Partnerships**
  - Partner regional and international health organizations with Palau health authorities to optimize resources.
  - Engage community stakeholders and volunteers to support medical initiatives.
- **Post-Games Sustainability**
  - Use the games as a platform for health system improvements for Palau.
  - Evaluate and document lessons learned for future regional events.

## 1. Pre-Event Preparations

### a) Assess Medical Risks

- **Risk Assessment:** Conduct a thorough risk assessment to address specific risks based on the sports and Palau's tropical climate. For example:
  - **Contact Sports** (e.g. basketball, wrestling, judo) often come with risks such as fractures, dislocations, concussions, and sprains. These sports require quick access to trauma care teams, including orthopedic specialists.
  - **Endurance Sports** (e.g., athletics, swimming) are prone to **heat exhaustion, dehydration, and overuse injuries** such as strains, ligament sprains, and tendinitis.
  - **Water Sports** (e.g., paddling and swimming) may involve risks such as **hypothermia, near-drowning, or sea-life stings** (e.g., jellyfish). Medical teams should be equipped to deal with aquatic accidents.
  - **Extreme Weather Risks: Heat-related illnesses** such as heat stroke or heat exhaustion are a significant concern. The medical plan should include heat monitoring and cooling interventions, especially during outdoor events.

**b) Medical Personnel and Training:**

- Know our Local Capacity and Develop a trained team of doctors, nurses, EMTs and physiotherapists with expertise in sports medicine and emergency care.
- Conduct Pre-Games integrated MIMMs (Mass Incident Medical Management) training for local authorities and medical personnel to build local capacity and prepare teams for high-pressure scenarios.
- Pre-GAMES training or conference in Sports Medicine, Safe Sport and ICIS (Immediate care in sports) in collaboration with ONOC MC (Oceania National Olympics Committee Medical Commission) to be held in Palau for all local and/or incoming team medical personnel (doctors, nurses, physios, counsellors etc.) – Application for funding via Olympic Solidarity to be submitted before end of January latest in February – Palau MC to work with PNOC finance officers (Janice Merep) in drafting proposal – Training proposed to be done in March or April 2025
- Produce Medical Manual

**c) Medical Facilities capabilities**

- Partner with Belau National Hospital as the primary facility for trauma and emergency cases.
- Coordinate transportation for patients with Division of Fire & Rescue.
- Collaborate with local dispensaries and private clinics to enhance accessibility for less severe cases.

**d) Medications and medical equipment Supply Chain**

- MHHS to procure and ensure medications and medical supplies availability
- MHHS IC to request support for medications and medical supplies from outside partners

**e) Medical Volunteers Local, Regional or International**

- MHHS to collaborate with partner agencies for surge capacity support.

**f) Anti-Doping – Conducted by ORADO assisted by MC/PNADO**

## 2. On-Site Medical Coverage

**a) First-Aid Stations**

- Strategically place first-aid stations at venues and the athlete village.

**b) Field-Side Medical Teams**

- **Specialized Teams:** For higher-risk events (e.g., contact sports), dedicated medical teams will be positioned nearby to manage injuries, including **sports health care providers**.

- **Mobile Medical Units:** Mobile units can be deployed to provide quick responses in remote areas or larger venues, staffed with trained medical personnel and equipped with basic medical supplies.

#### **c) Ambulance Availability**

- **Rapid Transport:** If needed, ambulances will be able to transport patients directly to **Belau National Hospital**

#### **d) Sports Injury Equipment**

- **Essential Equipment:** Venues will be equipped to address injuries on-site. These equipment tools will be placed at various venues and in mobile units for quick deployment.

### **3. Insurance Coverage**

- **Health Insurance during the Event:**

All travelers require medical insurance to cover themselves against injury and illness during their stay in Palau. The Belau National Hospital accepts the following insurance providers:

- Calvo's Select Care
  - Net Care
  - Take Care
  - Stay Well
  - Diver's Alert Network (diving)
- **Medical Personnel Malpractice Insurance**

The temporary registration/licensure does not include medical malpractice or professional indemnity. It is strongly recommended that healthcare professionals ensure adequate coverage is provided through their usual insurance agent or broker.

### **4. Infectious Disease Protocols**

#### **a) Testing & Screening**

- Protocol in place for infectious diseases – Communicable Disease Unit and Division of Environmental Health
- **Ongoing Monitoring:** Health checks will be implemented to detect potential symptoms and control any outbreaks on a case by case basis.
- **MHHS Surveillance Team is responsible for the surveillance throughout the games and post-games ongoing monitoring.**

#### **b) Isolation Facilities**

- **Quarantine Protocols:** Follow MHHS protocol for infectious diseases.

#### **c) Vaccination Requirements**

- **Vaccination:** Participants are recommended to update their immunization status prior to arriving in Palau.

**d) Health Clearance and updated immunizations** for Athletes, coaches and management delegations coming from countries with common vector borne illnesses (Malaria, Dengue, Leptospirosis, Measles etc.) and ensure they take prophylaxis or practice appropriate preventive measures during their time in Palau. Countries with history of recent or ongoing outbreaks of Viral illnesses such as Measles, dengue fever, Whooping cough, etc. must ensure health clearance of all members of delegation.

## 5. Health Education and Awareness

### **a) Regular Health Messaging through all media outlets**

#### **b) Mental Health Support**

- Mental Health Wellness Clinic will be open on PCC Campus, Ewatel Building, from 8am to 4pm.
- Mental Crisis Services available at the Belau National Hospital Emergency Room 24/7.
- Mental Health 24/7 Hotline: 775-TALK

## 6. Cultural Sensitivity & Local Considerations

- **Local Traditions:** Be mindful of cultural sensitivities, particularly when providing medical care or mental health services.
- **Language Support:** Ensure medical staff are familiar with common local languages, or have interpreters available for non-English-speaking athletes or visitors. (e.g. French speakers from New Caledonia and Tahiti)

## 7. Communication and Emergency Response Plan

### **a) Emergency Numbers**

- Display emergency contact numbers for **ambulances, hospitals, and medical staff** prominently at all event locations, including the athlete village and competition venues.

### **b) Coordination with Local Authorities**

- **MHHS will activate their Emergency Operations Center (EOC) to coordinate and facilitate communication with Palau's local authorities and other relevant agencies to optimize medical response.**

- **Radio Communication:** Equip medical staff, security, and event organizers with **radios or airtime for mobile devices** to stay in contact throughout the Games and allow for real-time communication during emergencies.

## 8. Post-Event Care & Evaluation

### a) Follow-Up Care

- Implement a system for **follow-up care** for athletes who sustained injuries during the competition. This will include physiotherapy, mental health consultations, and specialist referrals if required. MHHS will provide the athlete with their medical summary as requested prior to their departure.

## 9. Contingency Plans

### a) Natural Disaster Response

- **Disaster Preparedness:** Follow existing established disaster plan.

### b) Pandemic Preparedness

- In the event, existing MHHS plans will be activated.