

# NICA Team Practice Emergency Action Plan

To be filled out for each NICA Team Practice Venue and reviewed prior to each season. A central purpose of this is to help teams document which portions of a practice area require Wilderness First Aid (16 hr) training and to pursue Wilderness First Aid (16 hour) Training or avoid those areas while leading NICA activities.

Location / Park Name	Allegrippis Trail System, Raystown Lake Visitor Center 6993 Seven Points Rd, Hesston, PA 16647
Team Name	PICL Coaches!
Head Coach [name & cell #]	Melissa Davies - 2063064237
Team Director [name & cell #]	Mike Kuhn - 7173501029
Closest Hospital(s) and anticipated time to each from least-accessible location	Penn Highlands Huntingdon, 1225 Warm Springs Ave, Huntingdon, PA 16652 - 35 minutes
Coaches First Aid Training required based on Geography (First Aid or NICA Approved First Aid- 8 hour OR Wilderness First Aid- 16 hr)	First Aid or NICA Approved First Aid
Trails to be avoided by some or all ride groups (note concerns)	Ride with Respect and within your ability. All trails are marked as green (beginner), blue (intermediate) or black (advanced).
Location Emergency Responder Contact Info [park police, park ranger, town police]	<ul style="list-style-type: none"> <li>● Marklesburg Fire/EMT 15205 Raystown Rd, James Creek, PA 16657 (814) 658-2163 <ul style="list-style-type: none"> <li>○ Marlin Hunsicker Fire Chief/EMT: 814-251-2197</li> <li>○ Loretta Hunsicker EMT: 814-506-4686</li> </ul> </li> <li>● State Police Contact 911 Pennsylvania State Police Huntingdon Barracks 10637 Raystown Rd, Huntingdon, PA 16652, (814) 627-3161 <ul style="list-style-type: none"> <li>● Army Corps of Engineers Contact 6145 Seven Points Road, Hesston, PA 16647, 814-658-3405 <ul style="list-style-type: none"> <li>○ Allen Gwinn 814 658 6810 c: 814 599 7732</li> </ul> </li> <li>● Event Director : <ul style="list-style-type: none"> <li>○ Primary: Melissa 206-306-4237</li> <li>○ Secondary: Mike Kuhn 717-350-1029</li> </ul> </li> </ul> </li> </ul>
Access Points for Emergency Access or Transport [describe and include on map]	<p>Emergency Meeting Areas</p> <ul style="list-style-type: none"> <li>● Pine Shelter: Site One/ Event HQ</li> <li>● Helipad Landing Area: Field at Pine Pavilion</li> <li>● Trails all have emergency ID indicators to provide accurate location identifiers for both the injured to orient themselves and EMS to find the location.</li> <li>● EMS are familiar with best routes to recovery spots, both on</li> </ul>

	the trails and via access roads to the trails.
Water Refill and Shelter locations [describe and include on map]	There are no water refill stations at the trail system. All riders must come prepared with enough water and nutrition for the duration of the planned ride. Coaches must pack extra food and water in their packs in case of an incident/emergency.
Other Park-specific Info i.e. areas without cell or mobile data coverage (lightning warnings, etc.)	Mobile coverage is inconsistent on the trail system. Please use radios if available.
Heavy Rain Threshold (HRT)	NICA weather guide will be used to determine the appropriate plan of action when dealing with weather. We have an on site direct responsibility individual who manages our weather response. Event staff will also be in communication with the Army Corps of Engineers as weather may impact trail conditions and our impact on the area.
Maximum time to evacuate the trail due to weather (threshold from code yellow to orange at team practice)	See map for closest evacuation trail due to weather, max time is 20 minutes.
Creeks/Rivers or Dry Creek beds prone to Flooding/Flash Flooding	N/A
Trails that are exposed or on ridge lines or hill/mountain tops that would need to be avoided if caught in a thunderstorm	The North Vista and South Vista areas should be avoided during a thunderstorm.
Shelters available onsite (specify if appropriate for lightning)	Pine Shelter - appropriate for lightning
Trail Manager Contact	Allen Gwinn 814 658 6810 c: 814 599 7732
<ul style="list-style-type: none"> <li>✓ In the event of a serious injury, always call 911 first.</li> <li>✓ Check the weather forecast before every practice.</li> <li>✓ Ensure your first aid training is appropriate for your team practice's geography. For more details see <a href="http://www.nationalmtb.org/first-aid-requirements/">http://www.nationalmtb.org/first-aid-requirements/</a></li> <li>✓ Review Risk Management Training and your Team's Risk Management Plan with your coaches every month</li> <li>✓ Coaches and Student Athletes should have all appropriate equipment, clothing, food and hydration at all times</li> <li>✓ Carry with you blank copies of the <a href="#">NICA Incident Report</a>. Start documenting the injury and incident at the scene.</li> <li>✓ Carry with you a copy of the rider emergency contact list, which includes medical conditions, allergies and medications for each student-athlete. Team Directors can download this sheet from the Pit Zone.</li> <li>✓ After parents or family have been contacted, call your league director in the event of an injury that may result in an overnight hospital stay or you deem as very severe.</li> <li>✓ Contact Director of Safety and Risk Management, Chris Spencer at <a href="mailto:Chris@nationalmtb.org">Chris@nationalmtb.org</a> with any questions or comments</li> </ul>	