



Team Practice Venue Survey

To be filled out for each NICA Team Practice Area and reviewed prior to each season

Location / Park Name	Broadford Park 134 Recreation Drive Mountain Lake Park, MD 21550
Team Name	Garrett County Composite
Head Coach [name & cell #]	Aaron Hordubay 301-616-5312 Pat Hudnall 301-616-1741
Team Director [name & cell #]	Aaron Hordubay 301-616-5312
Closest Hospital(s) and anticipated time to each from least-accessible location	Garrett Regional Medical Center 10 minutes
First Aid Training required based on Geography (First Aid or NICA Approved First Aid- 8 hour OR Wilderness First Aid- 16 hr)	NICA Approved First Aid- 8 hour
Trails to be avoided by some or all ride groups (note concerns)	All trails are "Nica Approved". There are 10 Technical Trail Features (Rocks / wooden) that some inexperienced riders could / should avoid (all features have a ride around).
Location Emergency Responder Contact Info [park police, park ranger, town police]	Call 911, . GC Sheriff Dept 301-334-1911 .
Access Points for Emergency Access or Transport [describe and include on map]	Recreation Drive, Water's edge trail, parking lot/ trailhead, Rambler's Loop trail
Water Refill and Shelter locations [describe and include on map]	Bathhouse / Pavilions #1, 3, 4
Other Park-specific Info i.e. areas without cell or mobile data coverage (lightning warnings, etc.)	N/A
Heavy Rain Threshold (HRT)	N/A
Maximum time to evacuate the trail due to weather (threshold from code yellow to orange at team practice)	10 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	Avoid Large trees / Can attract Lightning
Shelters available onsite (specify if appropriate for lightning)	Pavilions #1, 3, 4 / parent vehicles
Trail Manager Contact	Coach Aaron Hordubay / Pat Hudnall
✓ In the event of a serious injury, always call 911 first. ✓ Check the weather forecast before every practice. ✓ Ensure your first aid training is appropriate for your team practice's geography. For more details see http://www.nationalmtb.org/first-aid-requirements/ ✓ Review Risk Management Training and your Team's Risk Management Plan with your coaches every month ✓ Coaches and Student Athletes should have all appropriate equipment, clothing, food and hydration at all times ✓ Carry with you blank copies of the NICA Incident Report. Start documenting the injury and incident at the scene. ✓ 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. ✓ 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. ✓ Contact Director of Risk Management and Training, Chris Spencer at Chris@nationalmtb.org with any questions or comments	