Team Practice Emergency Action Plan

A central purpose of this is to help teams plan ahead and manage potential risks.

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| Location / Park Name | Theodore Wirth Regional Park and the Loppet Foundation1221 Theodore Wirth Pkwy, Minneapolis, MN 55422 |
| * In the event of a serious injury, always call 911 first.
 | * Check the weather forecast before every practice.
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| Lead Coaches [name & cell #] | Head Coach: Mike Hartmann (612) 308-8665Performance: Jeff Jackson (715) 492-0738HS-Adv: Bob Vose (612) 481-3210 Erik Hinkie (612) 860-2606MS: Emily Hoppe (952) 239-5097 |
| Closest Hospital(s) and anticipated time to each from least-accessible location  | North Memorial Health Hospital10 minutes. 3300 Oakdale Ave N. Robbinsdale. |
| Trails to be avoided by some or all ride groups (note concerns) | Trail 36 “Tube” section (jump line) and the larger 2 drops in skills area should be avoided by all riders. Brownie expert lines should be avoided by beginner and intermediate riders. Longer expert lines should be avoided by all riders. |
| Location Emergency Responder Contact Info [park police, park ranger, town police | 911 |
| Access Points for Emergency Access or Transport [describe and include on map] | The winter cross country trails overlap the mountain bike trails in several areas. These make for excellent emergency access and exit points. |
| Water Refill and Shelter locations. | Trailhead – Area 36 trail |
| Other Park-specific Info i.e. areas without cell or mobile data coverage (lightning warnings, etc.) | Trail system made up of several (8) short trail sections all on the West side of Theodore Wirth Parkway. Make sure all coaches are familiar with the trail network and section names. |
| Maximum time to evacuate the trail due to weather.  | 10 minutes max to exit woods. 20 minutes max to return to meeting location or shelter. |
| Shelters available onsite (specify if appropriate for lightning)  | Trailhead |