CrossFit First Tier 1 Emergency Action Plan
CrossFit First Tier Address: 1820 Old Firetower Rd, Greenville, NC 27858
Phone: (252) 202-3977

Emergency Personnel

Athletic Trainer(s) (AT), Athletic Training Student(s) (ATS), Sports Program Supervisor(s) (SPS), and/or Facility Manager(s) (FM), and/or Club Sport Safety Officer (SO)

Roles of First Responders

If AT is on site:
   i. AT- Immediate care of injured person(s)
   ii. ATS / SPS - retrieval of emergency equipment
   iii. ATS / SPS / SO - contacting emergency services (911)
   iv. ATS / SPS / SO - verbally direct ambulance to site via phone and flag down EMS in parking lot to physically direct them to the scene

If AT is NOT on site:
   i. SPS1 / FM or SO - First aid/emergency care within the scope of their first aid and AED/CPR training
   ii. SPS2, FM, or SO - retrieval of emergency equipment
   iii. SPS2 or FM - contact emergency services (911)
   iv. SPS2, FM, or SO - verbally direct ambulance to site via phone and flag down EMS in parking lot to physically direct them to the scene

Emergency Equipment

All emergency equipment is brought to games/events by the AT.

If the AT is not present, the SPS or FM has the AED, CPR facemask, and first aid kit on their person.1

If SPS or FM is not present, SO has first aid kit

AED Location: AED (1) is carried with AT onsite and each location they go in the venue. When AT is present, AED is on the AT’s person.

Emergency Equipment Available: AED (1), Splint bag2, First Aid Kit, Stat Pack3 and epi-pen

Emergency Communication

In the event that cell phones are not usable: (1) a landline phone can be located.

"Hello my name is ________. I am calling from Crossfit First Tier 1 where there is an emergency and we need an ambulance. There is a suspected _____ (describe injury/illness- head/neck injury, cardiac collapse, etc.). The victim is (State One) conscious or unconscious. The victim is located on/at _______ (locker room, parking lot, etc.). Here are the directions: (choose the option below that is appropriate for the location of EMS/the victim). A person in a _____ colored shirt will flag you down when you arrive”

Answer all of the dispatcher’s questions and stay on the line until EMS hangs up.

See page 2 for direction to facility.

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1 All SPS, SO, and FMs are CPR, AED and first aid certified. AT’s are CPR/AED/BLS, BOC certified and licensed to practice athletic training.
2 Splint bag includes- CPR mask, rigid cervical collar, vacuum splints and accessories, ankle boot, sling, towels & ace wraps.
3 Stat pack includes-
Directions to Facility

E Firetower Rd (heading East): If you are on E Firetower Rd and heading east, continue till you reach the intersection of E Firetower Rd & E Arlington Blvd. Make a right onto Country Home Rd. Continue straight for approximately 0.3 miles then turn right into the CrossFit Tier 1 parking lot.

E Firetower Rd (heading West): If you are on E Firetower Rd and heading west, continue till you reach the intersection of E Firetower Rd & E Arlington Blvd. Make a left onto Country Home Rd. Continue straight for approximately 0.3 miles then turn right into the CrossFit Tier 1 parking lot.

E Arlington Blvd: Head east on E Arlington Blvd till you reach the intersection of E Firetower Rd & E Arlington Blvd. Continue straight onto Country Home Rd for approximately 0.3 miles then turn right into the CrossFit Tier 1 parking lot.

Old Firetower Rd: If you turn on to Old Firetower Rd from E Firetower Rd, Continue for approximately 0.5 miles and turn right into the CrossFit Tier 1 parking lot.

Facility Map

Closest Emergency Center

If injured person refuses an ambulance ride, please direct them to (1) for life threatening emergencies or (2) all other care.

1. ECU Health Medical Center Emergency Department (5.5 miles, approx. 16 min drive)
   a. Address: 2100 Stantonsburg Road, Greenville, NC
   b. Phone: (252) 847 - 4100

2. FastMed Urgent Care (4.5 miles, approx. 9 min drive) – Closes at 8PM M-F, closes at 4PM on weekends
   a. Address: 315 Greenville Blvd SE, Suite 100, Greenville NC
   b. Phone: (252) 917 - 5621