

CrossFit First Tier 1 Emergency Action Plan

CrossFit First Tier Address: 1820 Old Fire Tower Rd, Greenville, NC 27858 Phone: (252) 202-3977

Emergency Personnel¹

Facility Manager(s) (FM), Club Sport President (P), Club Sport Vice President (VP) and/or Club Sport Safety Officer (SO)

Roles of First Responders

- **Responder 1-** First aid/emergency care within the scope of their first aid and AED/CPR training
- **Responder 2-** retrieval of emergency equipment
- **Responder 3-** contact emergency services (911)
- **Responder 4-** verbally direct ambulance to site via phone and <u>flag down</u> EMS in parking lot to physically direct them to the scene

Emergency Equipment

The SO has a first aid kit with them.

AED Location: AED kept by the TVs in the main warehouse.

Emergency Equipment Available: AED (1) First Aid Kit²

Emergency Communication-

If cell phones are not usable: (1) a landline is not available.

"Hello my name is	$_$. I am calling from C	rossFit First Tier 1 where there is an emergency, and
we need an ambulance. The	ere is a suspected	_ (describe injury/illness- head/neck injury, cardiac
collapse, etc.). The victim is	s (State One) <u>conscious</u>	s or unconscious. The victim is located on/at
(locker room, parking lot, e	etc.). Here are the direc	ctions: (choose the option below that is appropriate for
the location of EMS/the vic	tim). 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.

Directions to Facility on page 2.

¹ All SPS, SO, and FMs are CPR, AED and first aid certified. ATs are CPR/AED/BLS, BOC certified and licensed to practice athletic training.

² First aid kit is to be brought by the club's safety officer.



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Directions to Facility

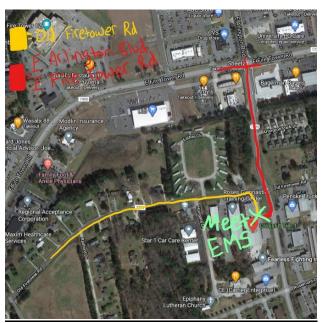
E Firetower Rd (heading East): If you are on E Firetower Rd and heading east, continue till you reach the intersection of E Firetower Rd & E Arlington Blvd. Make a right onto Country Home Rd. Continue straight for approximately 0.3 miles then turn right into the CrossFit Tier 1 parking lot.

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, 4PM on weekends
 - a. Address: 315 Greenville Blvd SE #100, Greenville, NC
 - b. Phone: (252) 917-5621