



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 flag down 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 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.

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.

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