



Bike Rental - Emergency Action Plan

Emergency Phone: 911
Emergency Service: See below
Confluence Phone: 704-879-4175
Confluence Address: 117 Center St. Cramerton, NC 28032

Potential Scenarios

If rider become ill:

- Dismount bike and locate a safe spot for yourself and the bike equipment
- Rest, sit if needed, and self-assess the situation
- If situation stabilizes, use judgement as to walking or riding bike back to Confluence
- If situation become worse, call 911 to initiate EMS response
 - Follow directions of EMS staff
 - Catawba Riverkeeper nor Human Powered Movement provide emergency care or services
- If emergency evacuation is required, lock bike(s) in place (to a tree/fence/etc.) and call Confluence at 704-879-4175 to inform staff of the situation and location of equipment and to fill out a Catawba Riverkeeper Incident Report
 - If Confluence staff is not reachable, contact Adam Bratton with Human Powered Movement: 757-630-3409

If damage to bike occurs:

- Assess the area and find a safe location rider and bike equipment
- To the best of your knowledge, assess bike equipment to determine the damage
- If unsure of the damage, do not ride bike as this might further damage the equipment and increase replacement costs of the bike
- Walk the bike back to Confluence (117 Center St. Cramerton, NC 28032) to fill out HPM Incident Report
- If you cannot walk the bike back to Confluence, lock bike(s) in place (to a tree/fence/etc.) call Confluence at 704-879-4175 to inform staff of the situation and location of damaged equipment
 - If Confluence staff is not reachable, contact Adam Bratton with Human Powered Movement: 757-630-3409
 - Catawba Riverkeeper nor Human Powered Movement provide emergency care or services

If medical emergency occurs: "Emergency Protocol"

- Assess the area and find a safe location for injured person (do not move if head/neck injury) and bike equipment
- Assess the injured party to see if advance medical care is needed
- If needed, call 911 to initiate EMS response
 - Follow directions of EMS staff
 - Catawba Riverkeeper nor Human Powered Movement provide emergency care or services
- If emergency evacuation is required, lock bike(s) in place (to a tree/fence/etc.) and call Confluence at 704-879-4175 to inform staff of the situation and location of equipment.
 - If Confluence staff is not reachable, contact Adam Bratton with Human Powered Movement: 757-630-3409

Weather Emergencies:

Weather is unpredictable and highly variable. It is up to the renter to check the weather forecast, radar, and actual conditions at all times. Be aware that weather forecasts can be inaccurate at times. Ultimately, if weather will not permit a safe experience for participants do not take part in this activity.

If lightning/thunder occurs:

- If lightning and thunder exist within 30 seconds of each other seek shelter immediately
- Remain in shelter for 30 minutes after the last seen lightning or sound of thunder
- If situation become worse, call 911 to initiate EMS response
 - Follow directions of EMS staff
 - Catawba Riverkeeper nor Human Powered Movement provide emergency care or services
- If emergency evacuation is required, lock bike(s) in place (to a tree/fence/etc.) and call Confluence at 704-879-4175 to inform staff of the situation and location of equipment and to fill out a Catawba Riverkeeper Incident Report
 - If Confluence staff is not reachable, contact Adam Bratton with Human Powered Movement: 757-630-3409

Other Scenarios:

As with all types of recreational activities, there is always a chance for things to not go as planned. Be willing, capable, and ready to adjust on the fly as the experience unfolds. Always remain calm and do not let emotions take over your decision-making ability.

If you get lost:

- Do not panic, remain calm, and re-focus
- Stop moving and use your phone GPS/map to help identify your location (Confluence Address = 117 Center St. Cramerton, NC 28032)
- Use phone map or surrounding landmarks to get bearings
 - Look for trailhead maps, town signs and street signs for spatial assistance
- Stop movement to avoid making the situation worse
- If situation become worse, call 911 to initiate EMS response
 - Follow directions of EMS staff
 - Catawba Riverkeeper nor Human Powered Movement provide emergency care or services

If group gets split up:

- In the event of the group getting split up, remain calm, re-focus and get to a safe location to attempt to reconnect or communicate with other group members
- Attempt to contact other group members to create a reconnection plan
- If reconnection cannot be made, and emergency services are needed call 911 to initiate EMS response
 - Follow directions of EMS staff
 - Catawba Riverkeeper nor Human Powered Movement provide emergency care or services

If there is an interaction with wildlife:

- Do not panic, remain calm, and re-focus
- Remember that animals typically won't bother humans if humans don't bother the animal



- Depending on the animal, it is typically best to stop and slowly back away
 - If an emergency occurs, find a safe location away from the animal and call 911 to initiate EMS response
 - Follow directions of EMS staff
 - Catawba Riverkeeper nor Human Powered Movement provide emergency care or services
 - If emergency evacuation is required, lock bike(s) in place (to a tree/fence/etc.) and call Confluence at 704-879-4175 to inform staff of the situation and location of equipment.
 - If Confluence staff is not reachable, contact Adam Bratton with Human Powered Movement: 757-630-3409
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Closest Emergency Service to Confluence (117 Center St. Cramerton, NC 28032)

- **Hospitals:**
 - CaroMont Regional Medical Center Gastonia – 5.7 miles Westbound
 - Address: 2525 Court Dr, Gastonia, NC 28054
 - Phone: 704-834-2000
 - CaroMont Regional Medical Center Mt. Holly – 7.1 miles North Eastbound
 - Address: 451 E Charlotte Ave, Mt Holly, NC 28120
 - Phone: 980-834-2266
- **Urgent Care Centers:**
 - Atrium Health Urgent Care Belmont – 4.0 miles Eastbound
 - Address: 420 Park St #105, Belmont, NC 28012
 - Phone: 704-631-1820
 - CaroMont Urgent Care Belmont – 4.0 miles Eastbound
 - Address: 1223 Spruce St, Belmont, NC 28012
 - Phone: 980-834-8800
 - OrthoCarolina Urgent Care Gastonia – 6.1 miles Westbound
 - Address: 870 Summit Crossing Pl, Gastonia, NC 28054
 - Phone: 704-671-1210
 - Novant Health-GoHealth Urgent Care – 14 miles South Eastbound
 - Location: 4815 Berewick Town Center Dr Ste C, Charlotte, NC 28278
 - Phone: 980-337-4652
- **Fire Departments:**
 - Cramerton Fire Department – 1 block Northbound
 - Address: 141 8th Ave, Cramerton, NC 28032
 - Phone: 704-879-4231
 - McAdenville Fire Station #40 – 1.8 miles Northbound
 - Address: 144 Wesleyan Dr, McAdenville, NC 28101
 - Phone: 704-866-3300
 - Lowell Volunteer Fire Department – Station #17 – 3.1 miles North Westbound
 - Address: 202 Groves St, Lowell, NC 28098
 - Phone: 704-824-3357