

EMERGENCY ACTION PLAN

Site Name:	Abbeymead Primary School and Lobleys Drive Open Space
Site Address:	Abbeymead Primary School, Mead Road, Abbeymead, Gloucester
Postcode:	GL4 5YS (School) or GL4 5GL (Mead Road)
what3words:	<u>Lobleys Drive Car Park:</u> <ul style="list-style-type: none"> • race.shed.spice <u>Abbeymead Primary School Open Space:</u> <ul style="list-style-type: none"> • wing.roses.fumes <u>Lobleys Drive Open Space:</u> <ul style="list-style-type: none"> • clean.shaped.swaps
Telephone:	There is no specific phone number for this site. If you need to get hold of somebody, please contact 07546 241012.

FIRST AIDERS / HELPER INFORMATION

Name	Mobile Number
For queries about this EAP:	
Calum Newman	07546 241012
Paul Mason	07738 343156
Sallie Lavis	07443 417693
See relevant coach for first aider during training sessions. All Abbeymead Rovers FC sessions will have a qualified first aider present.	

FIRST AID EQUIPMENT AND FACILITIES

Item	Location
First Aid Kit	Carried by coaches for all teams.
Defibrillator	1. Turmut Hoer Public House, Mead Road, Abbeymead, GL5 5GL. 2. Morrisons - Abbeydale, Glevum Way - alternative (3-4 min drive)
Stretcher	No stretcher at this site.
First Aid Room	No first aid or changing rooms available at this site.

ACCESS ROUTES

For Ambulance	
	<ol style="list-style-type: none"> Abbeymead Primary School Open Space See map on page 3. <ul style="list-style-type: none"> • Access via Mead Road (GL4 5GL) gate • FB14 lock on gate - coaches and emergency services have keys. Lobleys Drive Open Space See map on page 3. <ul style="list-style-type: none"> • Access via Mead Road (GL4 5GL) through Abbeymead Primary School Open Space. • FB14 lock on gate - coaches and emergency services have keys.



LOCAL HOSPITAL/TREATMENT CENTRES	
Nearest A&E / Trauma Hospital:	Gloucestershire Royal Hospital (24-hour A&E) Great Western Road, Gloucester, GL1 3NN.
Fastest Route to A&E / Trauma Hospital:	<i>From Mead Road (GL4 5GL):</i> <ol style="list-style-type: none"> 1. Head towards Abbeymead Avenue, then turn right toward City Centre. 2. Continue straight on the first and second roundabout. 3. Take the second exit (straight) on the third roundabout onto Metz Way. 4. Turn right onto Eastern Avenue at the traffic lights. 5. Turn left at traffic lights on Walls roundabout onto Barnwood Road. 6. Continue straight past the next set of traffic lights and bear left. 7. Take the first exit on the next roundabout onto London Road. 8. Take the first left onto Horton Road. 9. Continue for approximately 0.5 miles then turn right onto Great Western Road. 10. Follow signage for A&E from here.
Distance & Journey Time:	4 Miles (approximately 10-15 minutes depending on traffic conditions).
Nearest Walk-in Centre:	Gloucester Health Access Centre (08:00 to 20:00) Eastgate House, 121-131 Eastgate Street, Gloucester, GL1 1PX.
Alternative Trauma Hospital:	Cheltenham General Hospital (Minor Injuries Unit) College Road, Cheltenham, GL53 7AN.

CARDIAC ARREST INSTRUCTIONS	
1.	ASSESS THE PERSON <ul style="list-style-type: none"> ● Danger - Check there is no danger before checking the person. ● Response - Check whether they are responding. ● Airway - Check their airway is clear. ● Breathing - Check if they are breathing. ● Circulation - Check for a pulse or that the heart is pumping. ● Stay calm!
2.	DIAL 999 (or 112) <ul style="list-style-type: none"> ● Tell the operator that you suspect a cardiac arrest.
3.	PERFORM CPR <ul style="list-style-type: none"> ● Kneel by the casualty and put the heel of your hand in the middle of their chest. ● Put your other hand on top of the first. Interlock your fingers making sure they don't touch the ribs. ● Keep your arms straight and lean over the casualty. Press down hard, to a depth of about 5-6cm before releasing the pressure, allowing the chest to come back up. ● Do not give rescue breaths if untrained.
4.	LOCATE DEFIBRILLATOR <ul style="list-style-type: none"> ● Ask a helper to obtain a defibrillator if available. ● Do not stop CPR to look for a defibrillator yourself.
5.	CONTINUE CPR UNTIL: <ul style="list-style-type: none"> ● Ambulance arrives and paramedics take over. ● A defibrillator is about to be used. ● The person becomes responsive. ● You are exhausted - swap with a helper every 1-2 minutes.



EMERGENCY ACCESS POINTS FOR:

ABBEYMEAD PRIMARY SCHOOL OPEN SPACE AND LOBLEYS DRIVE OPEN SPACE



KEY

RED ARROW = Access point to Abbeymead School and Lobleys Drive pitches from Mead Road (GL4 5GL).

BLUE ARROW = **Pedestrian only** access point from Lobleys Drive car park.

YELLOW STAR = Access gate to Abbeymead School and Lobleys Drive pitches – Gate lock to be opened with an FB14 key.

ORANGE STAR = Car Park Entrance - Gate lock to be opened with an FB14 key.