

# Abbeymead Rovers Football Club



An FA Charter Standard Community Club [www.abbeymeadroversfc.com](http://www.abbeymeadroversfc.com)

## EMERGENCY ACTION PLAN

<b>Site Name:</b>	Abbeydale Sports and Community Centre - 3G Pitch, Glevum Park and Heron Park
<b>Site Address:</b>	Abbeydale Sports and Community Centre Glevum Way Abbeydale Gloucester
<b>Postcode:</b>	GL4 4BL
<b>what3words:</b>	3G Pitch - island.bleak.smug  Glevum Park - bath.edges.danger  Heron Park - lands.museum.ashes
<b>Telephone:</b>	01452 301492 (Monday - Friday, 09:00 to 18:00) Paul Mason 07738 343156 for out of hours. (See coach on the day)

### FIRST AIDERS / HELPER INFORMATION

Name	Mobile Number
For queries about this EAP:	
Paul Mason	07738 343156
Sallie Lavis	07443 417693
Jessica Hawkins	07745 668010

**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
<b>First Aid Kit</b>	Carried by coaches for all teams.
<b>Defibrillator</b>	1. Inside the main foyer with Abbeydale Sports and Community Centre. 2. Morrisons - Abbeydale, Glevum Way - alternative.
<b>Stretcher</b>	No stretcher at this site.
<b>First Aid Room</b>	Use changing rooms located next to 3G pitch.

## ACCESS ROUTES

### For Ambulance

#### 1. 3G Pitch

- Access via car park.
- Contact centre staff (01452 301492) if large gate to 3G pitch needs to be unlocked (07738 343156 if out of hours)

#### 2. Glevum Way Park (See map on page 3)

- Access via car park and bridge.
- **FB14 lock on bollard** - coaches, emergency services and Abbeydale Sports and Community Centre office staff have keys.

#### 3. Heron Park

See map on page 3.

- Access via Fieldfare (GL4 4WH) or Shergar Close (GL4 4FD).
- No lock preventing access to this field.



## LOCAL HOSPITAL/TREATMENT CENTRES

### Nearest A&E / Trauma Hospital:

Gloucestershire Royal Hospital (**24-hour A&E**)  
Great Western Road,  
Gloucester,  
GL1 3NN.

<b>Fastest Route to A&amp;E / Trauma Hospital:</b>	<p><i>From Abbeydale Sports and Community Centre:</i></p> <ol style="list-style-type: none"> <li>1. Head towards the roundabout by Morrisons supermarket.</li> <li>2. Take the first exit onto Abbeymead Avenue and continue straight on the first and second roundabout.</li> <li>3. Take the second exit (straight) on the third roundabout onto Metz Way.</li> <li>4. Turn right onto Eastern Avenue at the traffic lights.5. Turn left at traffic lights on Walls roundabout onto Barnwood Road.</li> <li>6. Continue straight past the next set of traffic lights and bear left.</li> <li>7. Take the first on the next roundabout onto London Road.</li> <li>8. Take the first left onto Horton Road.</li> <li>9. Continue for approximately 0.5 miles then turn right onto Great Western Road.</li> <li>10. Follow signage for A&amp;E from here.</li> </ol>
<b>Distance &amp; Journey Time:</b>	<p>4 Miles (approximately 10-15 minutes depending on traffic conditions).</p>
<b>Nearest Walk-in Centre:</b>	<p>Gloucester Health Access Centre (08:00 to 20:00)  Eastgate House  121-131 Eastgate  Street Gloucester GL1  1PX.</p>
<b>Alternative Trauma Hospital:</b>	<p>Cheltenham General Hospital (<b>Minor Injuries Unit</b>)  College Road  Cheltenham  GL53 7AN.</p>
<b>CARDIAC ARREST INSTRUCTIONS</b>	
<b>1.</b>	<p><b>ASSESS THE PERSON</b></p> <ul style="list-style-type: none"> <li>● Danger - Check there is no danger before checking the person.</li> <li>● Response - Check whether they are responding.</li> <li>● Airway - Check their airway is clear.</li> <li>● Breathing - Check if they are breathing.</li> <li>● Circulation - Check for a pulse or that the heart is pumping.</li> <li>● <b>Stay calm!</b></li> </ul>
<b>2.</b>	<p><b>DIAL 999 (or 112)</b></p> <ul style="list-style-type: none"> <li>● Tell the operator that you suspect a cardiac arrest.</li> </ul>
<b>3.</b>	<p><b>PERFORM CPR</b></p> <ul style="list-style-type: none"> <li>● Kneel by the casualty and put the heel of your hand in the middle of their chest.</li> <li>● Put your other hand on top of the first. Interlock your fingers making sure they don't touch the ribs.</li> <li>● 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.</li> <li>● <b>Do not give rescue breaths if untrained.</b></li> </ul>
<b>4.</b>	<p><b>LOCATE DEFIBRILLATOR</b></p> <ul style="list-style-type: none"> <li>● Ask a helper to obtain a defibrillator if available.</li> <li>● <b>Do not stop CPR to look for a defibrillator yourself.</b></li> </ul>

5.

**CONTINUE CPR UNTIL:**

- 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.**