

Abbeymead Rovers Football Club



An FA Charter Standard Community Club www.abbeymeadroversfc.com

EMERGENCY ACTION PLAN

Site Name:	Windfall Way
Site Address:	Windfall Way Elmbridge Gloucester
Postcode:	GL2 0RP
Telephone:	Paul Mason 07738 343156 Ian Holl 07798 934146 (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
First Aid Kit	Carried by coaches for all teams.
Defibrillator	No defibrillator at site. Nearest locations for defibrillator, addresses- 1- Abbeydale Sports and Community Centre (APPROXIMATELY 2.9 MILES/10MINS FROM LOCATION) Glevum Way Abbeymead Abbeydale

	<p>Gloucester GL4 4BL</p> <p>2- Morrisons (APPROXIMATELY 3 MILES/11MINS FORM LOCATION) Heron Way Abbeydale Gloucester GL4 4FF</p>
Stretcher	No stretcher at this site.
First Aid Room	Use changing rooms located next to the play park.

ACCESS ROUTES

For Ambulance	<ul style="list-style-type: none"> - TURN IN TO WINDFALL WAY. - FOLLOW THE ROAD UP TO THE TOP. - TURN LEFT TOWARDS PLAY PARK. - ENTER THROUGH CAR PARK GATES. - ENTER PITCH.
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LOCAL HOSPITAL/TREATMENT CENTRES

Nearest A&E / Trauma Hospital:	<p>Gloucestershire Royal Hospital (24-hour A&E) Great Western Road Gloucester GL1 3NN.</p>
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<p>Fastest Route to A&E / Trauma Hospital:</p>	<p><i>From Windfall Way to Gloucestershire Royal Hospital:</i></p> <p>1- Head north-west on Windfall Way towards Braeburn Cl 0.1 mi</p> <p>2- Turn left onto Elmbridge Rd 0.1 mi</p> <p>3- Turn right onto Barnwood Rd/A38 0.3 mi</p> <p>4- At the roundabout, take the 1st exit onto London Rd/B4063 0.1 mi</p> <p>5- Turn left onto Horton Rd Go through 2 roundabouts 0.4 mi</p> <p>6- Turn right onto Great Western Rd 0.2 mi</p> <p>7- Turn right to arrive at Gloucestershire Royal Hospital</p>
<p>Distance & Journey Time:</p>	<p>1.3 miles (approximately 6 minutes depending on traffic conditions).</p>
<p>Nearest Walk-in Centre:</p>	<p>Gloucester Health Access Centre (08:00 to 20:00) Eastgate House 121-131 Eastgate Street Gloucester GL1 1PX.</p>
<p>Alternative Trauma Hospital:</p>	<p>Cheltenham General Hospital (Minor Injuries Unit) College Road Cheltenham GL53 7AN.</p>

<p>CARDIAC ARREST INSTRUCTIONS</p>	
<p>1.</p>	<p>ASSESS THE PERSON</p> <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.	<p>DIAL 999 (or 112)</p> <ul style="list-style-type: none"> • Tell the operator that you suspect a cardiac arrest.
3.	<p>PERFORM CPR</p> <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.	<p>LOCATE DEFIBRILLATOR</p> <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.	<p>CONTINUE CPR UNTIL:</p> <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.