

Abbeymead Rovers Football Club



An FA Charter Standard Community Club www.abbeymeadroversfc.com

EMERGENCY ACTION PLAN

Site Name:	Mead Road (Next to Abbeymead Primary School)
Site Address:	Mead Road Abbeymead Gloucester
Postcode:	GL4 5YS
Telephone:	Paul Mason 07738 343156 (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 0.8 MILES/4MINS FROM LOCATION) Glevum Way Abbeymead Abbeydale Gloucester GL4 4BL 2- Morrisons (APPROXIMATELY 0.9 MILES/3MINS FORM LOCATION) Heron Way Abbeydale Gloucester GL4 4FF

Stretcher	No stretcher at this site.
First Aid Room	Use pitch.



ACCESS ROUTES	
For Ambulance	<ul style="list-style-type: none"> - FOLLOW ABBEYMEAD AVENUE UNTIL MEAD ROAD - TURN ON TO MEAD ROAD - ENTER PITCH THROUGH GATES NEXT TO PLAY PARK (SEE IN IMAGE)



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:	<p><i>From Mead Road to Gloucestershire Royal Hospital:</i></p> <p>1- Follow Mead Rd to Abbeymead Ave 2 min (482 ft)</p> <p>2- Head north-east on Mead Rd 167 ft</p> <p>4- Turn right to stay on Mead Rd 315 ft</p> <p>5- Continue on Abbeymead Ave. Take Metz Way to Great Western Rd in Gloucester 8 min (2.7 mi)</p> <p>6- Turn right onto Abbeymead Ave</p> <p>7- Go through 1 roundabout 0.7 mi</p> <p>8- At the roundabout, take the 2nd exit and stay on Abbeymead Ave 0.2 mi</p> <p>9- At the roundabout, continue straight onto Metz Way 1.5 mi</p> <p>10- Use the right 2 lanes to turn right onto Bruton Way/A430 0.2 mi</p> <p>11- Turn right onto London Rd/B4063 466 ft</p> <p>12- Continue on Great Western Rd to your destination 2 min (0.3 mi)</p> <p>13- Turn right onto Great Western Rd 0.3 mi</p> <p>14- Turn in to Gloucestershire Royal Hospital</p>
Distance & Journey Time:	3.2 miles (approximately 12 minutes depending on traffic)
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.