

# Abbeymead Rovers Football Club



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

## EMERGENCY ACTION PLAN

<b>Site Name:</b>	St. Peters High School
<b>Site Address:</b>	St. Peters High School Stroud Road Tuffley Gloucester
<b>Postcode:</b>	GL4 0DD
<b>Telephone:</b>	School Number - 01452 520594 Paul Mason - 07734 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
<b>First Aid Kit</b>	Carried by coaches, also located at reception.
<b>Defibrillator</b>	Sports centre reception.
<b>Stretcher</b>	Sports centre reception.
<b>First Aid Room</b>	Inside sports centre/Changing rooms located inside sports centre.



### ACCESS ROUTES

<b>For Ambulance</b>	<ul style="list-style-type: none"><li>- FOLLOW STROUD ROAD UNTIL ST PETERS HIGH SCHOOL</li><li>- TURN IN TO ST PETERS HIGH SCHOOL</li><li>- TURN RIGHT IN CAR PARK</li><li>- FOLLOW ROAD ALL THE WAY DOWN TO 2<sup>ND</sup> CAR PARK</li><li>- TURN LEFT TO ARRIVE AT LOCATION</li><li>- ENTER PITCH THROUGH GATES</li></ul>
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### LOCAL HOSPITAL/TREATMENT CENTRES

<b>Nearest A&amp;E / Trauma Hospital:</b>	Gloucestershire Royal Hospital ( <b>24-hour A&amp;E</b> ) Great Western Road, Gloucester, GL1 3NN.
<b>Fastest Route to A&amp;E / Trauma Hospital:</b>	<i>From St. Peters High School to Gloucestershire Royal Hospital:</i>  1- Follow road back out of facility car park 2- Continue to Stroud Rd/A4173 26 s (249 ft) 3- Head north-west 174 ft 4- Turn left towards Stroud Rd/A4173 75 ft 5- Follow Stroud Rd/A4173, A38 and B4073 to Derby Rd in Gloucester 7 min (2.6 mi) 6- Turn right onto Stroud Rd/A4173 0.8 mi 7- At the roundabout, take the 3rd exit onto Finlay Rd/A38 0.8 mi 8- At the roundabout, take the 2nd exit onto Eastern Ave/A38 0.3 mi 9- At the roundabout, take the 1st exit onto Painswick Rd/B4073 10- <b>Continue to follow B4073</b> 0.7 mi 11- Continue on Derby Rd to your destination 4 min (0.7 mi) 12- Turn right onto Derby Rd 0.3 mi 13- Continue onto Horton Rd 407 ft 14- Turn left onto Great Western Rd 0.2 mi 15- Turn in to Gloucestershire Royal Hospital
<b>Distance &amp; Journey Time:</b>	3.3 miles (approximately 12 minutes depending on traffic)

<b>Nearest Walk-in Centre:</b>	Gloucester Health Access Centre (08:00 to 20:00) Eastgate House 121-131 Eastgate Street Gloucester GL1 1PX.
<b>Alternative Trauma Hospital:</b>	Cheltenham General Hospital ( <b>Minor Injuries Unit</b> ) College Road Cheltenham GL53 7AN.

<b>CARDIAC ARREST INSTRUCTIONS</b>	
<b>1.</b>	<b>ASSESS THE PERSON</b> <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>	<b>DIAL 999 (or 112)</b> <ul style="list-style-type: none"> <li>● Tell the operator that you suspect a cardiac arrest.</li> </ul>
<b>3.</b>	<b>PERFORM CPR</b> <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>	<b>LOCATE DEFIBRILLATOR</b> <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>
<b>5.</b>	<b>CONTINUE CPR UNTIL:</b> <ul style="list-style-type: none"> <li>● Ambulance arrives and paramedics take over.</li> <li>● A defibrillator is about to be used.</li> <li>● The person becomes responsive.</li> <li>● You are exhausted - <b>swap with a helper every 1-2 minutes.</b></li> </ul>