

Abbeymead Rovers Football Club



An FA Charter Standard Community Club www.abbeymeadroversfc.com

EMERGENCY ACTION PLAN

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| Site Name: | Upton St. Leonards |
| Site Address: | Bondend Road Upton St. Leonards Gloucester |
| Postcode: | GL4 8ED |
| 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 1.2 MILES/5MINS FROM LOCATION) Glevum Way Abbeymead Abbeydale Gloucester GL4 4BL 2- Morrisons (APPROXIMATELY 1.3 MILES/5MINS FORM LOCATION) Heron Way Abbeydale Gloucester GL4 4FF |

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

ACCESS ROUTES

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| For Ambulance | <ul style="list-style-type: none"> - FOLLOW B4073 UNTIL UPTON HILL - CONTINUE TO BIRCHALL LANE, LEFT AT RANCE PITCH - TURN RIGHT AND FOLLOW TO BONDEND ROAD - FOLLOW UNTIL ARRIVE AT PITCH - ENTER PITCH |
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LOCAL HOSPITAL/TREATMENT CENTRES

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| 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>Take Bondend Rd and Birchall Ln to Upton Hill/B4073 3 min (0.7 mi)</p> <p>Head west on Bondend Rd 49 ft</p> <p>Turn left to stay on Bondend Rd 0.4 mi</p> <p>Turn left onto Rance Pitch 0.1 mi</p> <p>Continue onto Birchall Ln 0.2 mi</p> <p>Turn right onto Upton Hill/B4073 7 min (2.3 mi)</p> <p>Continue on Derby Rd to your destination 4 min (0.7 mi)</p> <p>Turn right onto Derby Rd 0.3 mi</p> <p>Continue onto Horton Rd 407 ft</p> <p>Turn left onto Great Western Rd 0.2 mi</p> |

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| | Turn right to arrive at Gloucestershire Royal Hospital |
| Distance & Journey Time: | 3.7 miles (approximately 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. | <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. |