

Abbeymead Rovers Football Club



An FA Charter Standard Community Club www.abbeymeadroversfc.com

EMERGENCY ACTION PLAN

Site Name:	The Clock Tower
Site Address:	The Clock Tower Huckley Field Abbeymead Gloucester
Postcode:	GL4 5SX
Telephone:	Paul Mason 07738 343156 (See coach on the day)

ACCESS ROUTES

For Ambulance

- FOLLOW ABBEYMEAD AVENUE UNTIL KIMBERLY WAY.
- TURN RIGHT AND FIRST LEFT IN TO HUCKLEY FIELD.
- ENTER CLOCK TOWER CAR PARK.
- ENTER PITCH.

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 Glevum Way Abbeymead Abbeydale

	<p>Gloucester GL4 4BL (APPROXIMATELY 1.1 MILES/5MINS FORM LOCATION)</p> <p>2- Morrisons Heron Way Abbeydale Gloucester GL4 4FF (APPROXIMATELY 1.1 MILES/5MINS FROM LOCATION)</p>
Stretcher	No stretcher at this site.
First Aid Room	Use pitch.



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>1- Take Kimberland Way to Abbeymead Ave 2 min (0.2 mi)</p> <p>2- Head east towards Dancers Hill 0.1 mi</p> <p>3- Turn right onto Dancers Hill 82 ft</p> <p>4- Turn left onto Kimberland Way 492 ft</p> <p>5- Continue on Abbeymead Ave. Take Metz Way to Great Western Rd in Gloucester 8 min (2.5 mi)</p> <p>6- Turn left onto Abbeymead Ave</p> <p>7- Go through 1 roundabout 0.5 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 left in to Gloucestershire Royal Hospital</p>
Distance & Journey Time:	3 miles (approximately 12 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.