

Abbeymead Rovers Football Club



An FA Charter Standard Community Club www.abbeymeadroversfc.com

EMERGENCY ACTION PLAN

Site Name:	The Oaks
Site Address:	The Oaks Abbeymead Gloucester
Postcode:	GL4 5WP
Telephone:	Paul Mason 07738 343156

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.
Stretcher	No stretcher at this site. Nearest locations for defibrillator, addresses- 1- Abbeydale Sports and Community Centre (APPROXIMATELY 1.3 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

First Aid Room	Use pitch.
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ACCESS ROUTES	
For Ambulance	<ul style="list-style-type: none"> - FOLLOW ABBEYMEAD AVENUE TO THE OAKS - TURN IN TO THE OAKS. - TAKE FIRST RIGHT TURN. - TURN LEFT TOWARDS CAR PARK. - ENTER THROUGH CAR PARK GATES. - ENTER 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><i>From The Oaks to Gloucestershire Royal Hospital:</i></p> <p>Follow The Oaks to Abbeymead Ave 1 min (0.2 mi)</p> <p>Head north-west on The Oaks 108 ft</p> <p>Turn right to stay on The Oaks 446 ft</p> <p>Turn left to stay on The Oaks 430 ft</p> <p>Continue on Abbeymead Ave. Take Metz Way to Great Western Rd in Gloucester 7 min (2.3 mi)</p> <p>At the roundabout, take the 1st exit onto Abbeymead Ave 0.3 mi</p> <p>At the roundabout, take the 2nd exit and stay on Abbeymead Ave 0.2 mi</p> <p>At the roundabout, continue straight onto Metz Way 1.5 mi</p> <p>Use the right 2 lanes to turn right onto Bruton Way/A430 0.2 mi</p> <p>Turn right onto London Rd/B4063</p>

	<p>466 ft</p> <p>Continue on Great Western Rd to your destination 2 min (0.3 mi)</p> <p>Turn right onto Great Western Rd 0.3 mi</p> <p>Turn left</p> <p>Destination will be on the left 266 ft</p>
Distance & Journey Time:	2.8 miles (approximately 11 minutes depending on traffic conditions).
Nearest Walk-in Centre:	<p>Gloucester Health Access Centre (08:00 to 20:00)</p> <p>Eastgate House 121-131 Eastgate Street Gloucester GL1 1PX.</p>
Alternative Trauma Hospital:	<p>Cheltenham General Hospital (Minor Injuries Unit)</p> <p>College Road Cheltenham GL53 7AN.</p>

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.

