



Abbeymead Rovers Football Club



**ACCREDITED
CLUB** ★ ★ ★
PART OF ENGLAND FOOTBALL

www.abbeymeadroversfc.co.uk

Emergency Action Plan Abbeydale Sports and Community Centre 3G Pitch, Glevum Park and Heron Park

Site Names	Abbeydale Sports and Community Centre - 3G Pitch Glevum Park Heron Park
Site Addresses	Abbeydale Sports and Community Centre Glevum Way Abbeydale Gloucester Glevum Park Glevum Way Abbeydale Gloucester Heron Park Bittern Avenue Abbeydale Gloucester
Post Codes	GL4 4BL GL4 4BL GL4 4WG

what3words	3G Pitch - island.bleak.smug Glevum Park - bath.edges.danger Heron Park - lands.museum.ashes
Telephone	01452 301492 (Monday - Friday, 09:00 to 13:00) Paul Mason 07738 343156 for out of hours.
First Aiders/Helpers Information	See the Coaching Team for First Aid during training sessions or matches. All Abbeymead Rovers FC sessions will have a qualified First Aider present.
Name and contact number for queries about this EAP	Paul Mason – 07738 343156
First Aid Equipment & Facilities - Item	Location
First Aid Kit	The Coaching Team
Defibrillators	Phoenix Café Bar Abbeydale Sports & Community Centre Abbeydale Gloucester GL4 4BL Morrisons Heron Way Abbeydale Gloucester GL4 4FF
Stretcher	Not available at these sites
First Aid Room	Use the Changing Rooms next to the 3G Pitch
Local Hospital/ Trauma Centres	
Nearest A&E	Gloucestershire Royal Hospital (24-hour A&E) Great Western Road Gloucester GL1 3NN
NHS Dental Emergencies NHS 111	For all dental emergencies outside practise hours call the Gloucester out of hours dental service on 0845 120 7179 NHS 111 for details of a Local Dentist or Pharmacy
Eye A&E	Bristol Eye Hospital Lower Maudin Street Bristol Avon BS1 2LX
Nearest Walk In Centre	Gloucester Health Access Centre (08:00 – 20:00) Quayside House Quay Street Gloucester

	GL1 2TZ
Alternative Trauma Hospital	Cheltenham General Hospital (Minor Injuries Unit) College Road Cheltenham GL53 7AN
Cardiac Arrest Instructions	Assess the person • Danger - Check there is no obvious danger to yourself before proceeding. • Response – Check if the person is responsive. • Check their airway is clear. • Breathing – Check they are breathing. • Circulation – Check for a pulse. • Stay Calm! Dial 999 or 112 • Tell the operator that you suspect a Cardiac Arrest. Perform CPR • 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 506cm before releasing the pressure, allowing the chest to come back up. • Do not give rescue breaths if untrained. Locate a Defibrillator. • Ask a helper to obtain a defibrillator if available. • Do not stop CPR to look for a defibrillator yourself. Continue CPR until • An 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.

Written By Sallie Lavis

DateAug 2025.....

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