



Abbeymead Rovers Football Club



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

www.abbeymeadroversfc.co.uk

Emergency Action Plan

Gloucestershire FA Headquarters

Site Names	Gloucestershire FA Headquarters
Site Addresses	Gloucester Road Oaklands Park Almondsbury Bristol
Post Codes	BS32 4AG
what3words	places.credited.nerve
Telephone	01454 615888 (Monday - Friday, 09:00 to 22:00) 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
Defibrillator	Gloucestershire FA Headquarters Gloucester Road Oaklands Park Almondsbury Bristol BS32 4AG
Stretcher	Not available at this site
First Aid Room	Gloucestershire FA Headquarters

	Gloucester Road Oaklands Park Almondsbury Bristol BS32 4AG
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.
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Written By Sallie Lavis

DateAug 2025.....

Review Date Aug 2026.....