



Abbeymead Rovers Football Club



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

www.abbeymeadroversfc.com

Emergency Action Plan

The Oaks

Site Name	The Oaks
Site Address	The Oaks Abbeymead Gloucester
Post Code	GL4 5WP
what3words	fees.surely.pose
Telephone	Paul Mason 07738 343156

First Aiders/Helpers Information

Name for queries about this EAP	Mobile Number
Paul Mason	07738 343156
Sallie Lavis	07443 417693

See the Coaching Team for First Aid during training sessions or matches. All Abbeymead Rovers FC sessions will have a qualified First Aider present.

Access Route

For Ambulance	Follow Abbeymead Avenue to The Oaks turn into The Oaks take the 1 st right, then left into the Car Park enter the pitch
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First Aid Equipment & Facilities

Item	Location
First Aid Kit	The Coaching Team
Defibrillators	No Defibrillator at this site. Nearest Defibrillators: Abbeydale Sports & Community Centre Glevum Way Abbeydale Gloucester GL4 4BL Approx 1.3 miles/5 minutes away Morrisons Heron Way Abbeydale Gloucester GL4 4FF Approx 1.3 miles/5 minutes away
Stretcher	No Stretcher at this site
First Aid Room	No First Aid Room at this site. Use Pitch.

Local Hospital/ Trauma 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 (2.8 Miles 11 Minutes)	Exit the Car Park on to The Oaks . 1st exit off the roundabout on to Abbeymead Avenue. Continue straight over roundabouts onto Metz Way. Continue until right turn in to Bruton Way. Turn right on to London Road. Turn right on to Great Western Road. Turn left into the Hospital.
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. Assess the Person

- 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. Dial 999 (or 112)

- Tell the operator that you suspect a cardiac arrest

3. 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 5-6cm before releasing the pressure, allowing the chest to come back up
- **Do not give rescue breaths if untrained**

4. Locate a Defibrillator

- Ask a helper to obtain a defibrillator if available
- **Do not stop CPR to look for a defibrillator yourself**

5. Continue with CPR until

- Ambulance arrives and paramedics take over
- A defibrillator is about to be used
- The person becomes responsive

If you are exhausted – swap with a helper every 1-2 minutes

Written By Sallie Lavis

DateNovember 2024.....

Review Date November 2025.....