



EMERGENCY ACTION PLAN (EAP)

Shrewsbury Up and Comers FC

Games/Training at Nalگو Sports Club, Shirehall, Abbey Foregate, SY2 6LY

Below is an essential list of items required for each team participating in football activities.

Remember you must put safety first

1. Make sure you are aware of the local Hospital details close to the venue of the game (listed below).
2. Ensure your First Aid kit is equipped correctly. You should only carry and use medical items that you have been trained to use. Your Emergency First aid qualification must always be up to date.

NOMINATE YOUR RESPONSIBLE FIRST AID TRAINED INDIVIDUAL (ALL TEAMS MUST BE HAVE ATLEAST ONE FA TRAINED FIRST COACH)

3. Carry a charged Mobile phone(s). Nearest land line is the Nalگو Sports Club bar. Make sure you know your Number.
4. List of all players, and their medical conditions (ON Registration Forms/Player First Aid Form)
5. List of emergency contacts for your players
6. Copies of the Club Accident form
7. In advance request a nominated helper should one be required to assist you
8. As a 'pitch side' first aider you must be located in a position with visibility of all players
9. **An ambulance should be called for as soon as it is recognised that a player has a life- threatening or serious injury/illness.**

IF IN DOUBT CALL FOR AN AMBULANCE – SEE OVERLEAF FOR ACCESS PROCEDURE

EMERGENCY NUMBERS 112 OR 999

THE VENUE : Nalگو Sports Club, Shirehall, Abbey Foregate, SY2 6LY Tel 01743 252958

WHAT THREE WORDS: Arch. Them. Jumped

LOCAL HOSPITAL

Royal Shrewsbury Hospital, Mytton Oak Rd, Shrewsbury, Shropshire SY3 8XQ
Tel 01743 261000

Driving directions to Royal Shrewsbury Hospital:

1. Turn right or left out of the main car park to head onto Column roundabout. Take the Haycock Way exit down the hill to Reabrook roundabout.
2. Take the first exit A5112 Pritchard Way and cross straight over at the next roundabout down to Moele Brace roundabout.
3. Take the fourth exit and bear left over the bridge to take the B4380 Roman Road.
4. Go straight over at the next two roundabouts.
5. At the roundabout with the B4386, take the first exit onto the B4386 (signposted Shrewsbury A&E)
6. Destination is approximately 1 mile on the left. Cont'd...

Ambulance Access Procedure

1. Instruct an adult to inform the Sports Club staff that an ambulance has been called.
2. Open the double gates next to the garage by the playing field using the key stored in the key box fixed to the garage wall. Code 2010.
3. Instruct an adult to stand and wait for the ambulance at the Abbey Foregate main road entrance next to Sainsbury's to flag down the approaching ambulance and direct it onto the pitch down the side road Sparrow Lane.

WHAT THREE WORDS LOCATOR: Arch. Them. Jumped

Defibrillator

1. There is a defibrillator inside the Sports Club bar, located on the wall opposite the bar. If the building is closed, the nearest defibrillator is located on the wall to the Shirehall Car Park, directly opposite Sainsbury's.