



**CROSSPOOL FC**

**EMERGENCY ACTION PLAN: CDYST, COLDWELL LANE**

<b>Site Name</b>	CDYST, <b>Coldwell Lane</b>
<b>Site Address</b>	Coldwell Lane Crosspool, Sheffield S10 5 TL
<b>Site Postcode</b>	S10 5 TL
<b>what3words</b>	CDYST                      globe.stage.memory  <i>Download the free What3Words App onto your Mobile Device for your exact Location. The App will automatically give you the 3 Words to your current location, which can be used by Emergency Services to pinpoint your exact location.</i>
<b>Telephone</b>	Contact Home Team manager for further details No public telephone on site.
<b>Emergency Telephone</b>	In an emergency, telephone <b>999</b> and when prompted by the Operator, ask for an <b>Ambulance</b> .

<b>First Aiders &amp; First Aid Help</b>	
<i>For queries on the Emergency Action Plan please contact:</i>	
<b>Name</b>	<b>Mobile</b>
Meurig Edwards	07747 486914
John Wright	07905 898414
Please see or contact the relevant coach for first aider during official Club training sessions and matches. All Crosspool FC sessions have a qualified first aider present	

<b>First Aid Equipment &amp; Facilities</b>	
<b>Item</b>	<b>Location</b>
First Aid Kit	Carried by Team Manager for each Crosspool FC team
Defibrillator	<ul style="list-style-type: none"> <li>• Kitchen – at CDYST (on site)</li> <li>• External cabinet fitted to CDYST building wall– by double fire exit doors at CDYST car park, highlighted by yellow square on photograph below. Cabinet access code is available through Emergency Services Operator on 999.</li> </ul>
Stretcher	No stretcher at this site

First Aid Room	No designated first aid room but CDYST building can be used if required. Contact the Home team manager for assistance.
<b>Vehicle Access Routes</b>	
<b>For Ambulance</b>	CDYST Coldwell Lane vehicle access should be available at all times. The CDYST site is on Coldwell Lane, directly opposite Westover Road.
<b>For Air Ambulance (helicopter)</b>	On match day, it is likely that the car parking spaces are full of cars. If an air ambulance needs to land on one of the football pitches, to provide emergency care for the casualty, all players and spectators should immediately evacuate the landing area/ pitch except for the first aider(s) tending to the injured person(s).

<b>Local Hospitals &amp; Treatment Centres</b>	
<b>Nearest A&amp;E / Trauma Centre (Children Only)</b>	Sheffield Children's Hospital Accident & Emergency Western Bank Sheffield S10 2TH Telephone [Switchboard] 0114 271 7000
<b>Distance &amp; Journey Time</b>	Approx 2.0 miles; 6 minutes by car
<b>Nearest A&amp;E / Trauma Centre (Adults Only)</b>	Northern General Hospital Herries Road Sheffield S5 7AU Telephone [Switchboard] 0114 243 4343
<b>Distance &amp; Journey Time</b>	Approx 5.1 miles; 15 minutes by car
<b>Nearest Walk-In Treatment Centre (minor injuries, non-emergencies)</b>	[Broad Lane] NHS Walk In Clinic Rockingham House, 75 Broad Lane Sheffield, S1 3PB Telephone: 0114 241 2700 Opening Hours 0800 – 2200 Monday to Sunday <i>[Walk In Centre is not appropriate for injuries that may require x-ray]</i>
<b>Distance &amp; Journey Time</b>	Approx 2.6 miles; 8 minutes by car

## **CARDIAC ARREST INSTRUCTIONS**

<b>1</b>	<b>ASSESS THE PERSON</b> <ul style="list-style-type: none"><li>● Danger - Check there is no danger before checking the person.</li><li>● Response - Check whether they are responding.</li><li>● Airway - Check their airway is clear.</li><li>● Breathing - Check if they are breathing.</li><li>● Circulation - Check for a pulse or that the heart is pumping.</li><li>● Stay calm!</li></ul>
<b>2</b>	<b>DIAL 999 (or 112)</b> <ul style="list-style-type: none"><li>● Tell the operator that you suspect a cardiac arrest.</li></ul>
<b>3</b>	<b>PERFORM CPR</b> <ul style="list-style-type: none"><li>● Kneel by the casualty and put the heel of your hand in the middle of their chest.</li><li>● Put your other hand on top of the first. Interlock your fingers making sure they don't touch the ribs.</li><li>● 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.</li><li>● Do not give rescue breaths if untrained.</li></ul>
<b>4</b>	<b>LOCATE DEFIBRILLATOR</b> <ul style="list-style-type: none"><li>● Ask a helper to obtain a defibrillator if available.</li><li>● Do not stop CPR to look for a defibrillator yourself.</li></ul>
<b>5</b>	<b>CONTINUE CPR UNTIL:</b> <ul style="list-style-type: none"><li>● Ambulance arrives and paramedics take over.</li><li>● A defibrillator is about to be used.</li><li>● The person becomes responsive.</li><li>● You are exhausted - swap with a helper every 1-2 minutes</li></ul>

## EMERGENCY ACCESS POINTS

### Crosspool FC – CDYST, Coldwell Lane Site



