



CROSSPOOL FC

EMERGENCY ACTION PLAN: KING EDWARD VII LOWER SCHOOL

INDOOR SCHOOL GYM

Site Name	King Edward VII Lower School [Indoor School Gym]
Site Address	[101] Darwin Lane Crosspool, Sheffield
Site Postcode	S10 5RG
what3words	<p><u>Community Sports Centre</u> <u>score.deep.advice</u></p> <p>3G Pitches scarcely.plenty.bond Car Park tend.dogs.remove</p> <p><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 utilised by Emergency Services to pinpoint your exact location.</i></p>
Telephone	Contact Home Team manager for further details. The site is managed by Interserve on behalf of the School; Tel 0114 240 2308 (option 2); visit info.active8sheffield@interserve.com No public telephone on site.
Emergency Telephone	In an emergency, telephone 999 and when prompted by the Operator, ask for an Ambulance .

First Aiders & First Aid Help	
<i>For queries on the Emergency Action Plan please contact:</i>	
Name	Mobile
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	

First Aid Equipment & Facilities	
Item	Location
First Aid Kit	Carried by Team Manager for each Crosspool FC team
Defibrillator	Nearest: St Columba's Church (side of main entrance), 503 Manchester Road, Crosspool, Sheffield, S10 5PL
Stretcher	No stretcher at this site
First Aid Room	No designated first aid room on site. Contact the Home team manager for assistance.
Vehicle Access Routes	
For Ambulance	Access to the site is down a driveway, signed for King Edward VII School/ Community Centre.
For Air Ambulance (helicopter)	No suitable landing spaces on site.

Local Hospitals & Treatment Centres	
Nearest A&E / Trauma Centre (Children Only)	Sheffield Children's Hospital Accident & Emergency Western Bank Sheffield S10 2TH Telephone [Switchboard] 0114 271 7000
Distance & Journey Time	Approx 1.7 miles; 6-10 minutes by car
Nearest A&E / Trauma Centre (Adults Only)	Northern General Hospital Herries Road Sheffield S5 7AU Telephone [Switchboard] 0114 243 4343
Distance & Journey Time	Approx 5.1 miles; 25 minutes by car
Nearest Walk-In Treatment Centre (minor injuries, non-emergencies)	[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>
Distance & Journey Time	Approx 2.3 miles; 13 minutes by car

CARDIAC ARREST INSTRUCTIONS

1	ASSESS THE PERSON <ul style="list-style-type: none">● 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) <ul style="list-style-type: none">● Tell the operator that you suspect a cardiac arrest.
3	PERFORM CPR <ul style="list-style-type: none">● 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 about 5-6cm before releasing the pressure, allowing the chest to come back up.● Do not give rescue breaths if untrained.
4	LOCATE DEFIBRILLATOR <ul style="list-style-type: none">● Ask a helper to obtain a defibrillator if available.● Do not stop CPR to look for a defibrillator yourself.
5	CONTINUE CPR UNTIL: <ul style="list-style-type: none">● 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

EMERGENCY ACCESS POINTS

Crosspool FC – King Edward VII Lower School Site



The vehicle access (driveway) is almost opposite Tetney Road, a little further up the hill (Darwin Lane) and site access is signed from Darwin Lane to King Edward VII School, 3G Pitches and Sports Hall.



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