



**CROSSPOOL FC**

**EMERGENCY ACTION PLAN: MYERS GROVE HUB**

<b>Site Name</b>	Myers Grove Lane Hub
<b>Site Address</b>	Former Myers Grove College, Myers Grove Lane, Stannington, Sheffield
<b>Site Postcode</b>	S6 5JH
<b>what3words</b>	<p><b>Site Entrance</b> (Myers Grove Lane, main gates)      dress.curry.fishery  <b>Crosspool FC Car Park:</b>      heat.heap.ticket  <b>Stannington Community Association Centre:</b>             calculating.wool.curve  <b>Pitch 1</b> split.next.forced (for air ambulance potential landing site)  <b>On site AED Defibrillator</b> proud.like.hangs</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          used by Emergency Services to pinpoint your exact location.</i></p>
<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
For First Aiders – please see Crosspool FC team manager / lead coach	
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	<p>There is a AED defibrillator on site. For Access Code, contact 999; the AED is registered with The Circuit network and maintained by Crosspool FC.</p> <p>The on-site AED defibrillator is located on the side wall of the garage of the former caretaker's property, which is the building nearest to the vehicle access gate on Myers Grove Lane (main &amp; sole site access).</p> <p>The next nearest accessible AED device is:  * PW Autos. 32 Myers Grove Lane, Stannington, S6 5JG  * Co-Op Supermarket, 2 Oldfield Road, Stannington, Sheffield, S6 6DT.  Both require a pin code (obtainable from emergency services)</p>
Stretcher	No stretcher at this site
First Aid Room	No designated first aid room but the clubhouse property can be used if required. Contact the Crosspool FC team manager for assistance.
<b>Vehicle Access Routes</b>	
<b>For Ambulance</b>	<p><b>Myers Grove Hub</b> site is only accessible via road on one end of Myers Grove Lane only.  Google reference: Stannington Community Association (community centre building which shares access to the site) will direct the emergency vehicles to the site.</p> <p>The main vehicle gates on Myers Grove Lane to the site should be already unlocked when the site is used by an authorised user.</p> <p>The Crosspool FC car park gates should also be accessible when used by official / authorised users.</p>
<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 3.4 miles; 11 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 4.5miles; 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 3.2 miles; 11 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 - Myers Grove Lane Hub**

The only vehicle access is via ONE end of Myers Grove Lane, Stannington, as indicated below.

