

FFF RECREATIONAL FOOTBALL EMERGENCY ACTION PLAN



BASIC INFORMATION

Location	HBS Sports Centre Grammar School Walk Hitchin SG5 1JB
Pitch entrance	https://what3words.com/device.obey.mute
Ambulance access	Pitch can be accessed by foot via fishponds road or by car using ///stroke.humans.leader
Defibrillator	Located on the wall by the men's toilets, outside the main pitch entrance point
Nearest A&E / trauma centre	Lister Hospital Coreys Mill Ln Stevenage SG1 4AB

IF YOU WITNESS A SUDDEN COLLAPSE OR FIND A PERSON WHO IS UNRESPONSIVE OR NOT BREATHING PLEASE FOLLOW THIS PLAN AS OUTLINED BY THE FA AND ST JOHNS AMBULANCE.

Stay calm, be clear.

Get somebody to call an ambulance, use the information in this Emergency Action Plan above and the script over the page.

Check the following with the casualty;

- Airway - are there any blockages, including the tongue
- Breathing - is the casualty breathing?
- Circulation - has the casualty got a pulse?

If there is no sign of life, send someone to collect the defibrillator.

Get someone to assist you, tell them you're in charge.

Tell somebody to go to the entrance to the pitch from the main road to direct the ambulance.

PLEASE TURN OVER FOR AMBULANCE SCRIPT

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WHEN CALLING 999 SPEAK CLEARLY AND CALMLY AND TELL THEM THE FOLLOWING;

You need an ambulance.

The location; Hitchin Boys School
SG5 1JB

What 3 Words: stroke. humans. leader

What has happened, in as much detail as possible.

Age and gender of casualty.

The status of the casualty, is he/she breathing?

Is CPR being administered?

Give them your name and number.

Stay on the line until instructed otherwise.

Listen carefully to the operator's instructions.

1

Keep calm, clear and control the scene.

2

Ask someone to call 999 and ask for an ambulance.

3

Ask someone to fetch the defibrillator.

4

Clear the casualty's airways, two fingers under the chin and tilt head back

5

Pinch casualty's nose, for an adult give two initial rescue breaths.

6

Start cardiopulmonary resuscitation (CPR)
Give 30 compressions followed by 2 breaths.
"Stayin' Alive"

7

Repeat CPR (30:2) until help arrives.

8

No signs of life? As soon as the defibrillator arrives turn it on and follow verbal instructions from device.