



# EMERGENCY ACTION PLAN



<b>Club Name:</b>	Frodsham Junior Football Club
<b>Club Address:</b>	Helsby High School, Chester Road, Helsby, Frodsham ,
<b>Postcode:</b>	WA6 0HY
<b>Contact:</b>	secretary@frodshamjfc.co.uk

## FIRST AIDERS / HELPER INFORMATION

Name	Contact Details
For queries about this EAP: Fleur MacCready, FJFC Child Welfare Officer	07721 902369 child-welfare@frodshamjfc.co.uk
See relevant coach for first aider on day of match	

## FIRST AID EQUIPMENT AND FACILITIES

Item	Location
Defibrillator	3G Changing Pavilion
Stretcher	N/A
First Aid Room	Supplies located in 3G changing pavilion and with individual coaches pitch side

## ACCESS ROUTES

<b>For Ambulance</b>	Enter main entrance gates to Helsby High car/bus park, turn left on the access road before hard courts. If injury on 3G, proceed along access road behind school buildings to far side where facility is located. Enter/exit 3G via entrance gates in surrounding fencing.
<b>From Pitch to Ambulance</b>	Exit pitches via the same access route.

## OTHER INFORMATION

<b>Nearest A&amp;E / Trauma Hospital:</b>	Countess of Chester Hospital Accident and Emergency Department, Liverpool Rd, Chester CH2 1UL
<b>Fastest Route to A&amp;E / Trauma Hospital:</b>	By car - Exit school gates and turn right onto Chester Road/A56. Follow A56, then A41 towards Chester, follow signs for hospital/A&E.
<b>Distance &amp; Journey Time:</b>	10.2 miles & 21 minute drive
<b>Nearest Walk-in Centre/alternative to A&amp;E:</b>	Runcorn Urgent Treatment Centre (formerly known as Halton Hospital), Hospital Way, Palacefields, Runcorn WA7 2DA. 5.2 miles/13minutes drive. Open 8am-9pm 7 days a week.
<b>Alternative Trauma Hospital:</b>	Warrington Hospital Emergency department, Lovely Lane Warrington. (13-14miles depending on route).