



EMERGENCY ACTION PLANS

Name - The Club is registered with the Cheshire County FA as **Upton Junior Football Club (Chester)**.

Status - Registered Charity Number 1172690

I. Match & Training Guidelines

1. Before each match, all coaches must be aware of their role should an incident occur, regarding the following actions:
 - Attending to the injured player.
 - If necessary, calling an ambulance and ensuring that the entrance to the site is clear.
 - Alerting or contacting the injured player's parent/guardian/next of kin.
 - Looking after the other players and taking them away from the scene of the incident.
2. At least one volunteer involved at any match or training session must have a charged mobile phone.
3. The following written details must be kept securely in the first aid kit:
 - Players name
 - Primary and secondary contact details.
 - Any relevant medical information.
4. Coaches should ensure the following:
 - That the entrance to the site is clear in the event of an emergency
 - That they know the post code for the pitch they are playing at
 - That a first aid kit is available and contains all essential equipment.
 - That they are aware of any player with a medical condition.
 - That all player's medical equipment (inhalers etc.) is held by the Coach and is available if needed. Any medication for players should be clearly labelled, administered by the player or parent, and returned to the player or parent at the end of the match.
 - That the match day environment is safe and appropriate for football



II. Training Venues and Emergency Procedures

Defibrillators and Address details for the emergency services

In all instances you must dial 999 (or 112 - which give the GPS location to the emergency services) at the same time as locating and using the defibrillator.

Venue	Defibrillator Location and Details	Address & Post Code
Wealstone Lane Pavilion	From the car park, attached to the right side of the building – Phone 999 and quote Code CPAD1329. The code to open the defibrillator is C159.	CH2 1HB (guide ambulances to the entrance by Mill View School not via the car park)
Ellesmere Port Sports Village	in the reception area of the main building which is open 6:30am-10pm weekdays and 8am-8pm weekends.	Stanney Lane, Ellesmere Port, CH65 9LB
Blacon High School	Accessed through the main doors - no code required.	Melbourne Road, Chester, CH1 5JH
The Cheshire	In the Pavilion on the ground floor by the toilets - no code required.	Mannings Lane, Chester, CH2 4EU
Chester Rugby Club	inside the outdoor bar (Doom Bar) by the main pitch; this is always open when pitches are in use.	Hare Lane, Littleton, Chester CH3 7DB
Kings School	Sports Hall reception where there is also a phone if needed.	Wrexham Road, Chester, CH4 7QL
Dale Camp Playing Fields		Liverpool Road, Chester, CH2 4BD
Hoole Park		Coronation Recreation Ground, Hoole Road, CH2 3PZ (enter via Canadian Avenue/Panton Road)
Christleton		Little Heath Road, Chester, CH3 7AH

1. Nearest Hospital – The Countess of Chester, Liverpool Road, CH2 1UL. Telephone: 01244 365000
2. All teams should have an accident report book, after an accident or incident, return a club accident form to the Club Welfare Officer at uptonjfcwelfare@gmail.com and the Secretary I_carrington@sky.com. **Please note that all head injuries must be reported.**
3. For any urgent injuries call either the Club Secretary or the CWO as soon as the emergency has been dealt with.

Secretary Lindsay Carrington 07733 098961
CWO Eleanor Rowlands 07793 708122

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