

EMERGENCY ACTION PLAN

2025/26 Season

Club Name:	Caddington Youth Football Club
Club Address:	Sports & Social Club, Manor Road, Caddington, Bedfordshire
Postcode:	LU1 4HH
Telephone:	01582 450151
Completed by:	EAP Completed by: Stuart Carmichael, May 2025 07711767178
Chairman:	Colin O'Brien: 07746124632
Club Secretary & Welfare Officer	Maria Carmichael: 07951702537

FIRST AIDERS / HELPER INFORMATION

Manager / Coaches Name(s)	Mobile Number
Wildcats – Anthony / Stuart	07841509023 / 07711767178
Young Ones – Steve	07944809801
U8 Girls – Jamie / Nicki	07885595171 / 07540596796
U8 Boys – Shaun / James	07990068400 / 07908098916
U10 Boys – Shaun / Alex	07788205441 / 07720049005
U11 Girls Kestrels – Anthony / Dan	07883715085 / 07841509023
U13 Boys – Darren / Tom	07939053336 / 07771721934
U13 Boys Mavericks – Andy / Ben	07397577030 / 07751411835
U15 Boys – Martin / Simon	07703147375 / 07976259522
U18 Ladies – James / Tone	07738632172 / 07964206376

FIRST AID EQUIPMENT AND FACILITIES

Item	Social Club: 1 x Defibrillator, 1 x Access Point for Emergency Services onto the playing fields (Key Located behind bar), 1 x First Aid Kit must be fully stocked and available per CYFC Team Village School: 1 x Defibrillator with key located top right on a hook above the box, 1 x Access Point for Emergency Services (Each team has their own set of keys), 1 x First Aid Kit per CYFC Team
Defibrillator	Social Club: Yes. External to the club house, located facing the sports field by the entrance door to the rear of the club house (opposite the smoking booth) Village School: Yes. Located within the toilets by the main school gates onto the playing fields
Stretcher	None
First Aid Room	a) Injured parties can wait inside the club house in case of emergency at the Social Club b) Injured parties can wait on the school field benches (with cover) in case of emergency at the village school

ACCESS ROUTES

For Ambulance	Social Club: Side of club house – Gated. Keys located behind the bar Village School: Within main car park – Gated. Keys with each team manager
From Pitch to Ambulance	As above - Access via emergency gates

OTHER INFORMATION

Nearest A&E / Trauma Hospital:	Luton & Dunstable Hospital, Lewsey Road, Luton, LU4 0DZ
Fastest Route to A&E / Trauma Hospital:	Chaul End Road > Hatters Way > Skimpot Road > Turn right onto A505
Distance & Journey Time:	7 Minute Drive (approx. 3 Miles)
Nearest Walk-in Centre:	Luton & Dunstable Hospital
Alternative Trauma Hospital:	Stoke Mandeville Hospital, Aylesbury, HP21 8AL

EMERGENCY ACTION PLAN

2025/26 Season

GUIDANCE FOR COMPLETING CPR

Commence CPR, once checking it is safe to proceed and with immediate effect!
Ask someone to collect the defibrillator, inform them where it is located – Follow the defib Instructions.
Ask someone to call 999 (if alone, call 999 and place on loudspeaker)

HOW TO GIVE CHEST COMPRESSIONS

1. Place the heel of one hand in the centre of the chest, place your other hand on top and interlock your fingers.
2. Keep your arms straight and position yourself vertically above the casualties chest.
3. Press down on the breastbone to a depth of 5-6cm, then release. Do this 30 times.
4. Now give 2 rescue breaths by pinching the nose, allowing the mouth to open and chin to tilt and breathing into the casualties mouth while watching their chest rise.
5. Continue with 30 chest compressions and then 2 rescue breaths
6. **PROVIDE 5 RESCUE BREATHS BEFORE STARTING COMPRESSIONS FOR CHILDREN**

