

EMERGENCY ACTION PLAN: COTLANDSWICK LEISURE CENTRE (3G PITCHES)



341 High St, London Colney, St Albans, AL2 1EB | What3Words: **///swung.tamed.spices**

1. Primary Contact Details

Emergency Services: 999

Facility Contact: 01727 220592

Event Manager: +44 7990 071 323

Site Address: Cotlandswick Leisure Centre, 341 High St, London Colney, St Albans, AL2 1EB

2. Essential Equipment Locations

Defibrillator (AED): Main Reception desk.

First Aid Kit: Carried by the Rep at pitch-side.

Location Identifier (What3Words):

Main Entrance (Meeting Point): **///mostly.lively.vibrates**

3G Pitches: **///swung.tamed.spices**

3. Step-By-Step Response

DANGER: Stop all activity. Ensure the area is safe for the casualty and yourself.

ASSESS: Check the player. If unconscious or breathing is labored, Call 999 immediately.

AED: If unresponsive/not breathing, send one person to retrieve the AED from Reception and another to bring it to the pitch.

DIRECT: Station a runner at the main site entrance (**///mostly.lively.vibrates**) to flag down the ambulance.

SUPPORT: Stay with the player. Do not move them if a neck or spinal injury is suspected.

4. Nearby Medical Facilities

Minor Injuries (Limited Hours): St Albans City Hospital, Civic Close, AL1 3JE.

Major A&E (24 Hours): Watford General Hospital, Vicarage Rd, WD18 0HB

5. Post-Incident Procedure

Inform the Event Manager immediately. Notify the Centre Duty Manager on-site immediately.

Report: Complete the City Sporting Group Incident Report Form within 24 hours.

The 999 Emergency Script

Read this exactly to the operator: "I am at the Cotlandswick Leisure Centre in London Colney, AL2 1EB.

We have a casualty with a **[State Injury]** currently located on the outdoor 3G football pitches.

The What3Words address for our exact location on the pitch is **///swung.tamed.spices**.

A steward is waiting at the main site entrance (**///mostly.lively.vibrates**) to direct the ambulance crew to the pitch gates.

My contact number is [Rep's Number]."