



County Antrim Harriers

Emergency Action Plan

Do not put yourself at risk

Raise Alarm

Inform others of incident

Summon Immediate and Appropriate Assistance



**Is the situation an Emergency
Requiring Immediate Medical Response?**

➤ No

Remain calm and follow
the steps below



Yes

**Stay with the injured person and ring
999. Follow all instructions given
DO NOT MAKE AN ATTEMPT TO MOVE THE PERSON**



Useful information to give the dispatcher
1 - Indicate the need for an ambulance
2 - State the nature of the accident / injury
3 - Give your name & current location - see
overleaf for some common club locations
4 - Approximate age of the injured person
5 - Give your call back / contact number



**If a second person is available, ask them to wait
at the entrance to help responders to the Injured.
This person should also contact the Leader
in charge that evening and a First Aider - see
overleaf for contact numbers**



**The CAH Leader should contact the injured
persons emergency contact**



**While awaiting Emergency Medical
Response, keep injured person comfortable
and record relevant information - see overleaf**



Ensure the injured person is
comfortable and calm.
If possible offer them a seat



Contact CAH appointed Leader in
charge that evening and a First Aider
if appropriate
- see overleaf for contact details



The CAH Leader should contact the
injured persons emergency contact



If convenient and appropriate
CAH Leader should fill out incident form
and return to ANI



The leader / First Aider should ensure that
the injured person is transported home or
to the Local Hospital as appropriate
**Following an Incident of any kind, the
CAH Health & Safety Committee MUST
meet to review the situation**

Additional Information

Common Club Locations & Addresses

- 1 - Sixmile Leisure Centre - Ballynure Road, Ballyclare, BT39 9YU
Entrance opposite LIDL - Ballynure Rd
- 2 - Ballyclare Comrades FC Grounds - Dixon Park, Ballyclare, BT39 9BB
Entrance off Harrier Way near the square
- 3 - Ballyclare Rugby Club - The Cloughan, Doagh Road, Ballyclare, BT39 9DJ
Entrance between Highgrove Drive & Russell Manor, Doagh Road

Leader (L) & First Aider (FA) Contact Numbers

- L - Louise Smart - 07789353369
- L - Ruth Morrison - 07803603241
- L - Natasha Henderson - 07730045418
- L - Raymond Hilman - 07827975845
- L - Carol Annesley - 07786127212
- L - Christine Neeson - 07840447854
- L - Lisa Montgomery - 07939167652
- L - Irene Downey - 07443331683
- FA - Christine Murray - 07889721471
- FA - Colin Gilmore - 07894295968

Useful Information to collect for the Emergency Medical Team

Name of Injured person _____
Age _____
Time of incident _____
Last Meal _____
Medical Conditions _____
Medications _____
Allergies _____
Patients Condition ie conscious, alert
First Aid provided _____

Other Useful Information

Location of Defibrillators

- Sixmile LC
- Twelfth Milestone Ballyclare
- Ballyclare Rugby Club
- Ballyclare Comrades FC
- Bruslee Recycling Centre
- Ballyclare Golf Club
- Spar - Doagh Road, Ballyclare

Location of First Aid Box

- Sixmile LC

Address of nearest Casualty Department

- Antrim Area Hospital
Bush Road, Antrim,
BT41 2RL - 028 9442 4000