



Éire Óg Greystones

Coach Health and Safety Guidelines

Defibrillator Location

Emergency Evacuation Plan

Emergency Numbers

Register of Fire Equipment



Éire Óg Greystones – Health & Safety - Reminders



Thanks to all coaches who volunteer their time to coach in Éire Óg Greystones.
To continue to keep everyone as safe as possible please follow the guidelines below

Compliance

- Check your coaching, safe guarding training & garda vetting are in date & complete
- Ensure you have enough coaches to cover the number of kids
- Appoint a COVID supervisor to track attendance, sanitize hands & equipment
- Encourage registration as only registered players are insured

Safety

- Turn the car park lights on if training in dark
- Check to see that everyone has been collected
- Use specialist equipment with qualified coaches and for the right age group
- Weight training for underage should be focused on body weight and supervised / reviewed with the club's qualified S&C coach for age appropriateness
- Fill in [Accident & Incident Form](#) if accident occurs. Send to club secretary

Training / Matches

- Bring first aid kit, ice packs etc..
- Ensure helmets on for warm up
- Ensure children are in pairs if using club facilities
- Check the pitch for hazards prior to matches / training
- Check club toilets to ensure ok for use
- Get an injuries noted by referee in match report

Thank you all for your continued support and work



Éire Óg Greystones – COVID19 - Coaches



Thanks to all coaches who volunteer their time to coach in Éire Óg Greystones.

Each team needs a COVID Supervisor in place with the [Online COVID Education Module](#) completed

BE A TEAM PLAYER ON AND OFF THE FIELD

1. BRING YOUR OWN WATER BOTTLE
2. DON'T SHAKE HANDS
3. FOLLOW THE LATEST HSE ADVICE

DO THE RIGHT THING FOR YOU AND YOUR CLUB

1. UNDERSTAND AND FOLLOW THE SAFE RETURN TO GAELIC GAMES GUIDELINES
2. WASH YOUR HANDS
3. MONITOR YOUR HEALTH

IT'S UP TO YOU

IF YOU OR YOUR CHILD HAVE SYMPTOMS...

- TAKE RESPONSIBILITY
- AVOID GAELIC GAMES ACTIVITIES
- CONTACT YOUR GP

Logos at the bottom: GAA WHERE WE ALL BELONG, LGFA PEIL na mBAN

Thank you all for your continued support and work



Your nearest Defibrillator is situated:

1. Outside Main Meeting Room

Your nearest First Aid Box is situated:

1. Boiler Room – First Door on Right
2. Club Kitchen – Through Main Hall

Your nearest First Aiders are:

Name:

Greystones First Responders

Dr. Brendan Cuddihy – Greystones Harbour Practice

Tel:

999 or 112

01 2877235

Other Greystones Defibrillator Locations

1. In Shoreline Leisure, Greystones, at reception
2. Greystones Medical Centre (beside South Beach car park)
3. Outside SuperValu, Charlesland
4. Shoreline Skate Park, Charlesland
5. Outside The Burnaby, by the taxi rank
6. Outside The Carraig Inn, Killincarrig
7. Outside Centra, Eden Gate

**Shocking a casualty within
3 – 5 minutes of
suffering cardiac arrest
gives the patient a 70%
chance of survival**

Watch this 4 minute Defibrillator Training Video

HOW TO USE AN AED
TRAINING VIDEO



[Click Link Below:](#)

[How to Use a Defibrillator
\(AED\) - First Aid Training - St
John Ambulance - YouTube](#)



Defibrillator Heart Restarter

Anyone can use it
No training necessary



For an unconscious person
NOT breathing normally



Call
999

Start
CPR

Switch on
defibrillator

Follow its
instructions



Éire Óg Greystones – Emergency Evacuation Plan



In the event of an emergency the following evacuation plan will be followed:

An emergency could be in the form of a Fire, Explosion, Falling Building, Violent Outbreak or from another cause

Sound Alarm & Call for Help

- Respond promptly to the alarm. Where the alarm does not sound automatically – manually sound the fire alarm
- Alert other adult members in the immediate area of the fire. Allocate responsibility for key tasks such as clearing the building, calling for help, alerting all members.
- Call the Fire Brigade, giving them the address clearly and any other directions necessary. **EIRCODE: A63 AW93**

Assemble at Muster Point

- Alert all members and tenants to clear the building. Use megaphone if available.
- Clear the building in an orderly way. Divide building into sections: Dressing Rooms, Hall and meeting rooms, Upstairs Rooms, Toilets and corridors.
- Members and tenants should not delay their departure to collect personal belongings from another part of the building and should assemble at the designated assembly point so that they can be quickly accounted for
- Coaches and tenants should ensure that their team members are accounted for. Members and tenants with visitors should ensure that their visitors are accounted for.
- Assemble at the designated assembly point. The designated assembly point is located at the car-park.

Clear the Building

- Ask nominated people to clear building, check under tables, call out, check behind doors and side doors. Once checked close door of room
- Nominate one individual to complete final sweep of building, calling out while re-opening doors and closing behind them.
- Nominate one individual to complete a head count at the muster point.
- If there is no danger by doing so, try to put out the fire with the apparatus provided, but remember that equipment will only be effective on a small fire
- Ensure no one re-enters the building once it has been cleared

Important Numbers

▪ FIRE, AMBULANCE, POLICE	112 / 999	Greystones GARDA Station	01 6665800
▪ ESB NETWORKS	1850 372999	Wicklow FIRESTATION	01 211 7600
▪ EIR (Power Lines)	1800 773729		
▪ CLUB EXECUTIVE CHAIRPERSON	087 6868255	CLUB EXECUTIVE Vice CHAIRPERSON	085 2525137



Éire Óg Greystones – Emergency Register 2021



Emergency Equipment

- Fire Extinguisher
- Fire Alarm Activation Button
- Fire Extinguisher
- Defibrillator
- Fire Extinguisher
- Fire Extinguisher
- Fire Alarm Activation Button
- Fire Extinguisher (small)
- Fire Extinguisher
- Fire Blanket
- Fire Extinguisher
- Defibrillator
- Fire Extinguisher
- First Aid Kit
- First Aid Kit
- First Aid Kit
- Stretcher

Location

- Exit Door Indoor Hall
- Exit Door Indoor Hall
- Corridor outside Meeting Room
- Corridor outside Meeting Room (Creche)
- Left hand side of main club door
- Top of Stairs – first floor
- Top of Stairs – first floor
- Kitchen Upstairs
- Main Kitchen downstairs
- Main Kitchen downstairs
- Boiler Room
- Boiler Room
- Kit Room
- Storage Room
- Kitchen downstairs
- Kitchen upstairs
- Boiler Room

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- Wicklow FIRESTATION 01 211 7600
- CLUB EXECUTIVE CHAIRPERSON 087 6868255
- CLUB EXECUTIVE Vice CHAIRPERSON 085 2525137
- CLUB TENANT CONTACT 0872393289

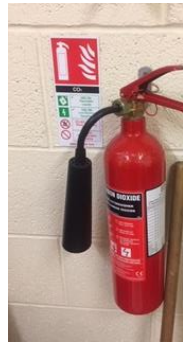
Éire Óg Greystones – EIRCODE

A63 AW93

Fire Extinguishers are serviced yearly. Last serviced in December 2020



**Corridor Outside Meeting Room
Fire Extinguisher**



**Main Hall
Fire Extinguisher**



**Kit Room
Fire Extinguisher**



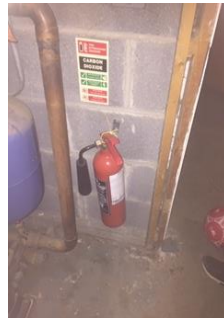
**Kitchen Downstairs
Fire Blanket**



**Left of Main Club Door
Fire Extinguisher**



**Main Hall
Alarm Activation Button**



**Switch Room
Fire Extinguisher**



**Kitchen Downstairs
Fire Extinguisher**



**Kitchen Upstairs
Fire Extinguisher**



**Top of Stairs 1st Floor
Fire Extinguisher**



**Upstairs
Alarm Activation Button**



**Sign on Boiler Room
First Aid and Defib**



**Boiler Room
Defibrillator**



**Corridor outside
Meeting Room
Defibrillator**



**Boiler Room
Left Hand Side Wall**