



Athlone Sub Aqua Club Emergency Plan

Location:	
Carraroe	Lat. 53° 14' 48'' N; Long. 09° 37' 34'' W

In the event of an Emergency:	
For a Diving/Marine Emergency	Contact Coast Guard <ul style="list-style-type: none"> • If in-shore telephone 112 or 999 • If off-shore use VHF Channel 16 or 04
For Any Other Emergency,	Phone 112/999 <ul style="list-style-type: none"> • Ask for Ambulance, Gardai, Fire Service

Emergency Services/Resources:	
Phones	
Shore Marshall Mobile Phone <i>(Enter Name and Phone No. across)</i>	
Cox'n Mobile Phone <i>(Enter Name and Phone No. across)</i>	
Nearest Landline	First B&B (Leanna Fionn) on right hand side of the road leaving the beach
Coast Guard	
Galway Coast Guard Radio	VHF Channels 16, 04
Helicopter	
Nearest Landing Site	GAA Pitch (Pairc an Ceathanaigh), Carraroe <ul style="list-style-type: none"> • <i>Or as directed by the emergency/rescue services. If necessary use lights and flares to guide helicopter.</i>
Recompression Chamber	
Haulbowline	021 4378777 (Ask for Chamber Duty Officer)
Craigavon	0044 80176233 4444/6711 (Ask for Consultant on Call)
Doctors	
Local Doctor	Dr. A. Gillan (Carraroe) 091 595019
WestDoc (<i>Out of hours GP service</i>)	1850 365000
Hospitals	
Local Hospital (has Helipad facility) <i>(see overleaf for route to hospital)</i>	University College Hospital, Galway 091 524222
Gardai	
Local Garda Station	Carraroe 091 595102 Salthill 091 514720
Emergency Vehicle/Oxygen/First Aid	
Location of Oxygen/First Aid	Club boat and emergency vehicle
Emergency Vehicle <i>(Enter details of Reg. No. & Keys across)</i>	

This document was last updated on 1st September 2010. It is the responsibility of users of this document to verify the accuracy of its information, as details, and in particular phone numbers, do change.

Route Planner

From: Carraroe, Galway
To: University College Hospital Galway, Galway
Distance: 42.65 km
Time: 1 hr 13 min

Km	Description
0.00	Starting out from Carraroe
4.55	Continue forward onto the R336
13.50	Bear right onto the R336 entering Inveran
20.41	Continue forward onto Termann Ainin - R336 entering Inverin
24.77	Continue forward onto the R336 entering Spiddal
30.46	Continue forward onto the R336 entering Na Forbacha
34.26	Continue forward onto the R336 entering Barna
36.97	Continue forward onto the R336 entering Galway
38.37	Continue forward onto the R337 (signposted City Centre)
39.90	At traffic signals continue forward onto Taylors Hill Road - R337
41.49	At traffic signals turn left onto Saint Mary's Road
41.94	At traffic signals continue forward onto Newcastle Road
42.49	At traffic signals continue forward onto Lower Newcastle
42.52	At traffic signals turn left onto Newcastle Avenue
42.65	Arrive at University College Hospital Galway, Galway

