

## Alan Gammon, member of Somer Valley Tennis Club, Avon County



Alan Gammon alongside Amy Seymour, who was on duty the day Alan had his heart attack and came to his aid with the AED alongside other staff members.

"It was just another Somer Valley Tennis Sunday Club morning last summer (July 2022), everything felt perfectly normal and I was ready to play my regular game of tennis at Writhlington Tennis Centre. After about 10-15 minutes; I had played a few games, I had No breathing/respiratory problems and No chest pain at all.... then I just collapsed onto the court ... apparently not breathing, heart not pumping, no pulse!"

Fortunately, other club members playing rushed over to help. Initially they started CPR whilst another member ran to fetch a nearby AED (Automatic External Defibrillator) situated at the Sports Centre reception.

Staff members of Dragonfly Leisure (that operate the sports centre) came to my aid and within two minutes and the machine being connected, the diagnostic vocal software advised "shock advise" so everyone stood back and it gave me a large shock .....which thankfully worked. About two or three minutes later I regained consciousness. Soon after the emergency paramedics arrived and completed the checks before taking me to hospital.

Said Fiona Clark, Centre Manager " we are proud of our staff and the way they work tirelessly to keep all of our customers safe, in this particular instance it was the speed, efficiency and knowledge that saved Alan's life on that day last July".

12 months later, Alan is completely recovered and still enjoying tennis but without that defibrillator, he would not be able to be here to tell you his story. Alan strongly believes that every club should have easy and rapid access to an AED as you never know when it will be needed and save someone's life.