AB379 now requires the same protocols used for concussions to be used to help protect young athletes participating in school and community youth sports organizations from sudden cardiac arrest—the #1 killer of young athletes.

Community youth sports organizations include an organization, business, nonprofit entity, or a local governmental agency that sponsors or conducts amateur sports competitions, training, camps, or clubs in which persons 17 years of age or younger participate.

### Sudden Cardiac Arrest Prevention Protocol for School and Community Youth Sports

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### Sudden Cardiac Arrest Prevention Training

- Annual Sudden Cardiac Arrest prevention education to each coach, administrator, referee, umpire or other game official of the youth sports organization
- Must be completed either online or in person, before supervising an athlete in any activity

#### Resources

- Free 20-Minute Sudden Cardiac Arrest Online Training Course (Downloadable Certificate of Completion)

### Parent/Guardian/Youth Information Sheet with Signature

- Annually provide Sudden Cardiac Arrest information sheet to each athlete
- Signature required from participants age 6+, and from parents of participants under age 18
- Signed form returned to sports organization before the youth participates in any athletic activity

#### Resources

- Sudden Cardiac Arrest Fact Sheet
- Sample Fact Sheet Cover Letter and Signature Page

### Removal/Return to Play Protocol

- A participant in an athletic activity who has passed out or fainted, or has symptoms suspected to be cardiac related, must be immediately removed from the athletic activity
- Parent/guardian is notified of observed condition and any treatment provided
- Participant must be evaluated by a licensed healthcare provider who is trained in the evaluation and management of cardiac conditions
- Return to play permitted with written clearance from the licensed healthcare provider

#### Resources

- Sample Sudden Cardiac Arrest information for email/newsletter/website
- 8.5 x 11 posters on warning signs and the cardiac chain of survival

### Noticing Sudden Cardiac Arrest Information

- School/organization posts procedures to ensure compliance with the requirements for providing Sudden Cardiac Arrest prevention protocol and remove/return to play procedures
- School/organization will post/share Sudden Cardiac Arrest education materials that reference:
  - cardiac conditions and their potential consequences
  - signs and symptoms of Sudden Cardiac Arrest
  - what to do in the event of a cardiac emergency: Call 911, perform hands-only CPR, and use an automated external defibrillator (AED) if it is available

#### Resources

- Warning Signs and Risk Factors Videos
- KeepTheirHeartInTheGame.org