

Prevent Sudden Cardiac Arrest in Young Athletes



Signs & Symptoms

Youth who experience one or more of the signs and symptoms listed below may have a heart condition that puts them at risk for Sudden Cardiac Arrest.

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Fainting is the #1 sign of a potential heart condition

Symptom Action Plan

If an athlete passes out or faints, or displays any of the above symptoms, you should:

REMOVE the athlete from play

ALERT the parent or guardian

RECORD and share information about the symptom/s to help a health care provider evaluate the athlete

REQUIRE written clearance from the youth's health care provider to green-light the player to return

While it may be inconvenient for a youth to be removed and miss a game to be re-cleared, it would be a tragedy if they died because symptoms went unrecognized.

Cardiac Arrest Action Plan

If an athlete suddenly collapses, every minute delayed in emergency intervention decreases their chance of survival by 10%.

Their life depends on **YOUR** quick action!



RECOGNIZE Sudden Cardiac Arrest

- Victim is collapsed, unresponsive and not breathing
- Don't be fooled by gasping/gurling/seizure-like activity
- SCA may also be caused by a hard blow to the chest



CALL 9-1-1

- Operator can instruct you in CPR
- Ask nearest person to retrieve AED



PUSH

- Start hands-only CPR immediately
- Push hard and fast in the center of the chest



SHOCK

- Any bystander can use the AED
- Follow the step-by-step audio instructions
- AED **WILL NOT HURT** THE PERSON, **ONLY HELP**

KeepTheirHeartInTheGame.org

