

Thank you for prioritizing sudden cardiac arrest prevention by participating in this Eric Paredes Save A Life Foundation program to equip teams with cardiac emergency response plans.

You have contracted to borrow ___ (#) AED Loaner Package/s from (start date) _____ to (end date) _____. Your security deposit hold of \$250 will be released upon return of and our inspection of each Package.

PROGRAM ADMINISTRATION

- When not in use each Avive AED must be charging using the provided cable/charger in a WiFi accessible location. AEDs will remain in San Diego County. Our RealConnect dashboard provides 24/7 visibility to the AED's location and readiness to respond, so we will notify you if there is a breach in this protocol.
- Your leadership team will participate in an on-boarding session with the Eric Paredes Save A Life Foundation on _____.
- You will use the Cardiac Emergency Prep Checklist to follow the 5 steps to implementing a cardiac emergency response plan for each athletic venue.
- Your presentation to your staff/coaches/volunteers/parents about the cardiac emergency response plan protocol is on _____. (EP Save A Life can participate in this presentation upon request.)
- Coaches use the Cardiac Emergency Drill and Evaluation worksheets to conduct drills.
- Email photos of various activities to executivedirector@epsavealife.org:
 - Presentation and/or drill
 - Presence of the AED with field sign at athletic activity(Sharing your photos constitutes permission for EP Save A Life to use publicly)
- Review the Cardiac Arrest Data PDF to understand how to share medical data with EMS if the AED is used in a cardiac emergency. EP Save A Life is also notified of the incident and can assist with sharing medical data. Device MUST be returned for servicing following the incident. Contact executivedirector@epsavealife.org or 619.550.2129.



Cardiac Emergency Drill Evaluation

Location:

Date:

RECORDING OBSERVER EVALUATES:

- | | |
|---|--------|
| 1. AED location identified with signage | Yes/No |
| 2. Team members responsive when Code Blue called | Yes/No |
| 3. 911 called within 1 minute | Yes/No |
| a. Detailed location relayed | Yes/No |
| b. Bystander positioned at EMS entry location | Yes/No |
| 4. Hand-only CPR started on SCA victim within 2 minutes | Yes/No |
| 5. Quality CPR delivered: | |
| a. Victim on ground on their back with shirt removed | Yes/No |
| b. Bystander on knees, leaning over victim | Yes/No |
| c. With straight arms, hand over hand | Yes/No |
| d. Pushing about 2" down at rate of 100 - 120/minute | Yes/No |
| e. Letting the chest recoil before pushing down again | Yes/No |
| f. Bystanders took turns delivering compressions | Yes/No |
| 6. AED was retrieved and activated within 3 minutes | Yes/No |
| 7. AED prompts followed and shock delivered | Yes/No |
| 8. Follow-up CPR delivered as per AED prompts | Yes/No |

TOTAL DRILL TIME:

List strengths during drill:

List areas for improvement for more effective response:

Who Was Present

_____	_____	_____
_____	_____	_____
_____	_____	_____

What You Will Need:

- AED
 - AED Field Sign
 - AED blue training cartridge
 - Manikin
 - Phone
 - Drill Evaluation
 - Cardiac Emergency Plan
 - Stopwatch
-

Who Is Involved:

- Administrator
 - Coach
 - Referee
 - Parents
 - Players
 - Recording Observer
 - Spectators
-

Set Up:

- Be sure Avive AED has the **BLUE TRAINER CARTRIDGE** inserted
 - Demonstrate how to deliver hands-only CPR and use an AED
 - Choose location for the drill, e.g. field, gym, court, pool deck
 - Personalize Cardiac Emergency Action Plan to that location
 - Assign a Drill Leader and give them clipboard with action plan
 - Position AED Sign and AED on one end of the field
 - Position training manikin with team shirt on opposite end of field
 - Position participants in the middle, with spectators on sidelines
 - Give Recording Observer the Drill Evaluation sheet and stopwatch
 - Assign code for cardiac emergency, e.g. Code Blue
-

Drill: Goal to complete in 3 minutes

- Recording Observer calls "Code Blue!" and starts stopwatch
- Drill Leader points to SCA victim (manikin) and calls Code Blue
- Drill Leader assigns 1 person to get the AED and run to manikin
- Drill leader assigns 2 people to start hands-only CPR on manikin
- CPR team removes manikin shirt; takes turns giving compressions
- Drill leader mock calls 911 & uses Action Plan to note field location
- Drill leader sends 1 person to meet EMS at location access point
- When AED arrives set it up on manikin and follow prompts
- When first shock delivered, Recording Observer stops watch

9 in 10 cardiac arrest victims who receive a shock from an AED in the first minute live. During cardiac arrest, CPR can double or triple a person's chance of survival. It is critical for sports teams and facilities to establish a Cardiac Emergency Response Plan (CERP), which has been shown to significantly increase survival beyond the tragic <10%. Equally important is to regularly drill your plan, similar to fire and active shooter drills. Through drills, your organization's response protocol will be shared so all are empowered to take action in a cardiac emergency. The following checklist overviews this process.

TEAM

- Establish a CERP Team to lead the implementation of the plan across the organization.
- CPR/AED certify this Team, coaches and others regularly in contact with teams/players.

PLAN

- Create a CERP for each venue and share the plan with local EMS. (Use Cardiac Emergency Action Plan for Venue PDF)
- Update plan for each event so onsite personnel have a current copy/contact info.
- Review and evaluate plan annually. If an SCA event occurs, debrief post-event to identify opportunities for improvement.

SHARE

- Schedule seasonal CERP orientation for all staff/coaches/volunteers and at parent meetings. (Use Cardiac Emergency Response Plan Short Overview Video)
- Email staff/coaches/volunteers/parents each season re: plan and location of AED/s.

DRILL

- Review plan with each team/players/parents/volunteers (including how to deliver CPR and use AED) and conduct a drill. (Use Cardiac Emergency Drill & Evaluation PDFs)

READY

- Keep AEDs CHARGING in WiFi location before athletic activity.
- Designate a position in your organization to learn how to use the AED, maintain the AED/s according to manufacturer's guidelines, and assure AED readiness to respond to a cardiac emergency.
- At athletic activity, keep AED/s accessible - never locked away - so everyone can use them - no certification necessary.
- Prior to each athletic activity, announce where the nearest AED is located and mark with visible signage.