

# Cardiac Emergency Response Planning

## Sudden Cardiac Arrest Facts

#1

Killer of  
student athletes

>10%

Survival rate

7 - 14  
minutes

Average EMS  
response time

4-6  
minutes

Brain death begins  
without intervention

3x

Survival triples with  
bystander CPR/AED

70%

7X survival with  
cardiac emergency plan

90%

With AED used  
in first minutes



The Nevaeh Youth Sports Safety Act requires California youth sports teams to have an AED accessible during practices and games by 2028 with a written cardiac emergency response plan with training for staff, volunteers and players to respond to a sudden cardiac arrest by 2027.

## Keep Their Heart In the Game

In 2015, the American Heart Association led a national task force of 12 youth health and safety organizations to develop an evidence-based cardiac emergency response plan for youth facilities, updated in 2024 with Parent Heart Watch and Project ADAM. Our adapted free toolkit outlines a four-step process for implementing the plan—a vital step towards sudden cardiac death prevention.

[GET THE TOOLKIT](#)

## Use Our Free Planning Resources

- 1 Customizable one-page cardiac emergency action plan
- 2 Tools to train and drill your plan
- 3 Messaging to communicate plan to your teams
- 4 Tips to comply with AED ownership

