**Sudden Cardiac Arrest Medical Timeout**

*A medical timeout should be called before every game and practice and include coaches, referees, and any other individuals involved in the response plan. The purpose is to review the signs of a sudden cardiac arrest and identify the roles in responding to save the life of an athlete, coach, referee, or spectator.*

Location of AED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signs and how to recognize a sudden cardiac arrest (SCA)**

* Sudden collapse, not moving and unresponsive
* Seizure or convulsive-like shaking activity.
* Not breathing normally (i.e. may have irregular breathing, gasping, or gurgling, or may not be breathing at all).
* Eyes may be open

**Steps to take if a SCA is suspected:**

1. Call 911

Person(s) responsible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Start CPR

Person(s) responsible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Retrieve an AED

Person(s) responsible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Apply AED pads and deliver a shock (if necessary)

Person(s) responsible

1. Direct EMS/ambulance to victim

Person(s) responsible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gym Bag Tag- To be printed, laminated if possible

**Medical Time Out**

Prior to the start of games and practices, coaches, trainers, captains, officials, and EMS meet to review the Cardiac Emergency Response Plan

**Emergency Steps**

* Who’s calling 911?
* Who starts CPR?
* Where is the AED?
* Who retrieves the AED?
* Who applies the AED?
* Where is the First Aid Kit?

**Signs of Sudden Cardiac Arrest**

* Sudden collapse, not moving and unresponsive
* Seizure-like shaking
* Not breathing or gasping for breath
* Eyes may be open

**Chain of Survival**

