

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 _____

2. Start CPR

Person(s) responsible _____

3. Retrieve an AED

Person(s) responsible _____

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

Person(s) responsible _____

5. 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.

SIGNS OF SUDDEN CARDIAC ARREST

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Chain of Survival

