

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

- › 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.

Chain of Survival

