

As part of our commitment to health and safety, we've joined a national effort to prepare our team and facility to respond to life-threatening emergencies. Through our partnership with Project ADAM, we can ensure that anyone experiencing sudden cardiac arrest has the best chance of survival. Each year in the U.S., over 350,000 adults and 7,000 kids suffer cardiac arrest outside the hospital. Nearly 90% don't survive but fast action with CPR and an AED can make all the difference.

We encourage your team to take action! By preparing your team or facility, you're helping protect every person on the sidelines and in the stands from athletes to families to fans.

OUR AEDS ARE ACCESSIBLE AND AVAILABLE TO USE IN THE FOLLOWING LOCATIONS:

FOLLOW THESE STEPS FOR A CARDIAC EMERGENCY:

- › **Recognize a cardiac arrest**
 - Assume cardiac arrest for anyone who is collapsed, unresponsive and not breathing normally or not breathing at all.
- › **Call 911 and activate emergency response**
- › **Start CPR**
 - Perform hands only CPR unless you are CPR certified.
 - Push hard and fast in the center of the chest at a rate of 100-120 compressions/minute.
- › **Retrieve and use an AED if available**
 - AEDs will only deliver a shock if needed and may do so automatically or prompt you to press a flashing button.
- › **Continue supporting the victim until local EMS arrives to take over care**
- › **If the AED is used, please call _____ as soon as possible.**

Are you interested in creating a Heart Safe environment for your team? Explore resources at www.ProjectADAM.com/youth-sports or get in touch, we'd love to support you.