

Dear Athletes, Parents and Guardians,

As part of our commitment to health and safety, we've joined a national effort to prepare our team 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.

As a Heart Safe Youth Sports Program, we ensure AEDs are readily accessible, provide comprehensive training for our coaches, and regularly run emergency response drills to keep our teams prepared and confident.

FOR YOUR AWARENESS, WE HAVE AN AED IN THE FOLLOWING LOCATIONS:

If someone appears to be in cardiac arrest, call 911, start CPR, and use an AED if available. These devices are designed for anyone to use and they give step-by-step voice instructions once they are turned on. AEDs will only deliver a shock if needed and may do so automatically or prompt you to press a flashing button. Good Samaritan laws protect those who act in good faith to help. We encourage everyone to get CPR and AED training—it's a powerful investment in saving lives!

You can learn how to recognize a sudden cardiac arrest and hands-only CPR and AED skills by watching the training videos on our [Project ADAM website](https://www.projectadam.com/heart safeschools).

Thank you for your participation in our nationwide effort to save lives!