

Sudden Cardiac Arrest Plan & Medical Timeout

A medical timeout should be called before every performance and practice and include coaches, trainers, team captains, officials and/or EMS.

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 nearest AED(s):

HOW TO RECOGNIZE A SUDDEN CARDIAC ARREST (SCA)

- › Sudden collapse
- › Not moving and unresponsive
- › Seizure-like shaking activity
- › Not breathing normally (individual 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:

TASK	PERSON(S) RESPONSIBLE
Call 911	
Start CPR	
Retrieve AED	
Apply AED and administer shock, if needed	
Crowd control, removing players from area	
Direct EMS to scene	

Venue Address: _____