

# Sudden Cardiac Arrest Awareness Information Sheet

## SSB 5083 – SCA Awareness Act

**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

***SCA is also the leading cause of sudden death in young athletes during sports***

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called “commotio cordis”).

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

### **How to prevent and treat sudden cardiac arrest?**

Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

### **CARDIAC 3-MINUTE DRILL**

***Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!***

#### **1. RECOGNIZE Sudden Cardiac Arrest**

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

#### **2. CALL 9-1-1**

- Call for help and for an AED

#### **3. CPR**

- Begin chest compressions
- Push hard/ push fast (100 per minute)

#### **4. AED**

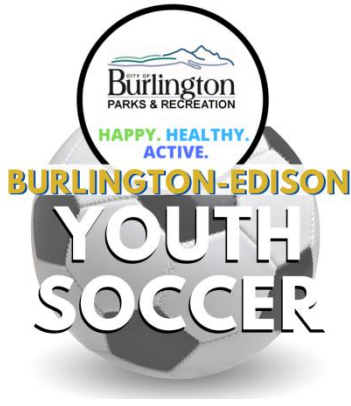
- Use AED as soon as possible

#### **5. CONTINUE CARE**

- Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second  
Counts!**



## YOUTH ATHLETE/PARENT/LEGAL GUARDIAN SUDDEN CARDIAC ARREST AWARENESS COMPLIANCE STATEMENT

The City of Burlington Parks and Recreation Department believes participation in athletics improves physical fitness, coordination, self-discipline, and gives youth athletes valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/legal guardian or youth athlete you play a vital role in protecting participants and helping them get the best from sports.

Athlete and parental education in this area is crucial which is the reason for the Sudden Cardiac Arrest Awareness information you received. Refer to it regularly.

This form must be signed annually by the parent/legal guardian and youth athlete prior to participation in athletics played on City of Burlington premises. If you have questions regarding any of the information provided in the information sheets, please contact the City of Burlington Parks & Recreation Department.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE SUDDEN CARDIAC ARREST AWARENESS INFORMATION SHEET.

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Youth Athlete Name (Printed)

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Youth Athlete Name (Signed) & Date

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Parent/Legal Guardian Name (Printed)

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Parent/Legal Guardian Name (Signed) & Date

\*\*Please return your signed form into your coach prior to the start of practices.