

Sudden Cardiac Arrest, A Fact Sheet For Athletes And Parents/Guardians

What You Know Could Save Your Life!

Know the Cardiac Chain of Survival

Recognize



Victim has collapsed, is unresponsive and not breathing normally

Call 9-1-1



Call 9-1-1 and follow emergency dispatcher's instructions

Start CPR



Push hard and fast in the middle of the chest, 100-120 pumps per minute

Shock



Use an AED, if one is available and shock the person's heart.

Advanced Care



Designate a bystander to direct EMS to victim for quick transport to hospital

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure. SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR and using an AED (if available) as soon as possible.

How Common is SCA?

As the leading cause of death in the US, SCA is the #1 killer of student athletes and the leading cause of death on school campuses.

Recognize The Warning Signs

- ✓ Fainting/blackouts (especially during exercise)
- ✓ Dizziness
- ✓ Unusual fatigue/weakness
- ✓ Chest pain
- ✓ Shortness of breath
- ✓ Nausea/vomiting
- ✓ Palpitations (heart is beating unusually fast or skipping beats)
- ✓ Family history of sudden cardiac arrest at age < 50

Wisconsin passed law designed to protect students participating in youth sports activities. SCA training is required of all coaches and empowers them to remove an athlete who exhibits fainting or other signs or symptoms of a cardiac condition. This Fact Sheet is designed to provide information to athletes and parents/guardians. It is important that you familiarize with this info and be aware of the location of an AED in any rink or facility where you participate.