

# Sudden Cardiac Arrest (SCA)

In athletics, medical staff, coaches, administration, or officials may witness a SCA (sudden cardiac arrest). Therefore, it is crucial they know how to recognize the event, call 911 and start CPR immediately.

Sudden, witnessed, unresponsiveness, or finding someone unresponsive, is the first sign for all personnel to recognize. With an event, a person may not have purposeful breathing or chest movement. Treat the person as if he has a SCA until proven otherwise. Call 911, start CPR and use an AED.

## **It is also important to know that:**

- If the victim is not breathing normally (or just gasping), start CPR immediately.
- No pulse check is needed.
- The victim may have some jerking movements that look like a seizure.
- A blow to the chest can cause sudden cardiac arrest.
- If there is any doubt, it is best to start CPR--you will not hurt the victim.

## **When you recognize these signs:**

- Start CPR. Compressions should be:
  - Hard and fast
  - To the middle of the chest (on the lower half of the breastbone)
  - 2 inches deep
  - At a rate of at least 100 compressions per minute (to the beat of the song, "Row, Row, Row, Your Boat.")
- If others are present, send someone to call 911 and someone else to get the school's AED (located in 3 locations on campus) \*See AED protocol for locations.
- Send another person to the scene (based on Facility EAP posted) to direct EMS when they arrive.
- If no one else is around, call 911 before starting compressions.

## **For an adult or high school athlete:**

- Turn on the AED.
- Follow the prompts and apply the pads right away.

## **You cannot hurt the athlete with CPR or the AED. It will not shock someone who does not need to be shocked, so do not hesitate to use the AED.**

- Continue to follow the AED prompts.
- Provide CPR after each shock, if prompted.
- Switch rescuers every 2 minutes (if possible) until EMS arrives.
- Effective CPR buys you time. It produces circulation and protects heart and brain cells until the AED can be used to jumpstart the heart's natural beat.

CPR should be started as soon as possible, preferably within 1 minute. The victim's survival decreases by 10% with each minute of delay.

If no AED is present first responders must provide continuous, effective CPR and change rescuers every 2 minutes. This is critical to keeping the victim's heart and brain protected until EMS arrives.

**Procedures for Training and Recognition of Sudden Cardiac Arrest:**

All personnel are required to complete yearly review of the signs/symptoms and procedures to recognize and properly manage a SCA event.