

CARDIAC CONDITIONS

Non-contact collapse of a player, referee, or bystander is presumed to be sudden cardiac arrest. This is not a common occurrence and can happen without warning.

An immediate and appropriate on-site response with intervention is critical for a positive outcome.

We encourage team staff and players to obtain CPR and AED training. Knowing how to react when a player suddenly drops on the field can be crucial to saving a life.

Review the above information for each venue and know if there are AEDs available and where they are located.

ACTION TO TAKE FOR A CARDIAC CONDITION:

- Identify the collapsed individual and check if conscious.
- Call 911 if not conscious.
- Assign someone on your team to call 911. Be as specific as possible about the person's condition and the field location.
- Depending on the location, assign and send someone to the venue's entrance to meet and guide the emergency vehicle.
- Assign someone (with alternates in case the designated person is not there) to retrieve an automated external defibrillator (AED) if one is available onsite.
- Start hands-only CPR – chest compressions in the center of the chest, *100 times per minute, 2 inches deep, pushing hard and fast*. Hands-only CPR is easier to remember, perform, and teach than traditional CPR. It also does not require mouth-to-mouth contact.
- Continue chest compressions. Once the AED arrives, open the unit, turn it on and listen to the voice prompts. Place the pads on the individual's chest (bare skin) as shown on the pads. The AED will guide you by voice on the next steps.
- If no AED is available, continue chest compressions until emergency personnel arrive. Switch with another person if you get tired.

Coaches, players, and referees that have CPR training and have access to an automated external defibrillator (AED) can save lives. In fact, when an AED is used within three minutes of a collapse, there is an 89 percent survival rate.

Cardiac Conditions link: www.recognizetorecover.org/cardiac