

Is Your Child's Sports Team Prepared for a Cardiac Emergency?

What Parents Can Do:

Ask your child's sports program the following:

- Will there be anyone trained in CPR at all practices and games?
- Is there an AED on site or easily accessible to the field or court at all practices and games?
- What are the medical emergency protocols?
- In addition, learn CPR and when you attend sports events, look around to locate the nearest AED in case of an emergency.

Parents can provide the following resources to the league:

- The American Heart Association offers CPR training from a brief Hands-Only CPR instructional video to a 4-hour certification class.
- Your local EMS can be a great resource for CPR/AED training.
- The *Project ADAM New York* Pre-Event Medical Timeout card (see below and templates attached).
- A list of companies that sell AEDs. Try your local EMS for recommendations or we can help you.

Pre-Event Medical Timeout Card: (Print, fill in your local emergency #s, and laminate. Templates to create your own card are available in business card size and a larger size to attach to gym bags or first aid kits.)



The image shows a template for a "Pre-Event Medical Timeout" card. It has a white background with a red border. At the top left is a small circle. The title "Pre-Event Medical Timeout" is in bold. Below it, the text reads: "Prior to the start of the game, coaches, trainers, team captains, game officials and EMS meet to review:". There are two columns of text. The left column is titled "Emergency Steps" and lists: "Who calls 911?", "Where is the AED?", "Who starts CPR/Uses AED?", and "Where is the first aid kit?". The right column is titled "Emergency Numbers" and lists: "911 GIVE EXACT LOCATION". At the bottom right is the "Project ADAM NEW YORK SAVES LIVES" logo.

Additional Resources:

NFL video on the best practices for recognition and treatment of sudden cardiac arrest in athletes:

<https://www.nfl.com/playerhealthandsafety/health-and-wellness/player-care/recognize-react-rescue-effectively-treating-sudden-cardiac-arrest>

How to Save a Life – Recognize sudden cardiac arrest in athletes

<https://www.youtube.com/watch?v=i-IN9o-cKu0>

Learn CPR and How to Use an AED:

Project ADAM: <https://www.youtube.com/watch?v=UgSvIwD1NGs>

Project ADAM Heart Safe Youth Sports Program:

https://www.projectadam.com/ProjectADAM/Youth-Sports/ProjectADAM_YouthSports_Checklist_2-23-22.pdf

Learn CPR! It can save a Life! Most likely someone you know.