

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. <https://cpr.heart.org/en>
- Your local EMS can be a great resource for CPR/AED training.
- A list of companies that sell AEDs. Try your local EMS for recommendations or we can help you.
- Project ADAM New York website and contact information for free consultation and resources. (below)

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



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 icon. The title 'Pre-Event Medical Timeout' is in bold. Below it, 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 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>

Recognize to Recover-CPR and AED Training Video, US Soccer: <https://www.youtube.com/watch?v=W4KjYC51B-c>

Project ADAM Bystander CPR and Using an AED: <https://www.youtube.com/watch?v=UgSvIwD1NGs>

Project ADAM Heart Safe Youth Sports Program Checklist and Resources: <https://projectadam.com/youth-sports>

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