

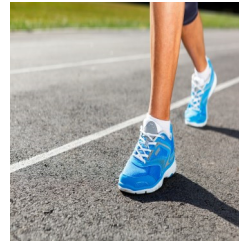
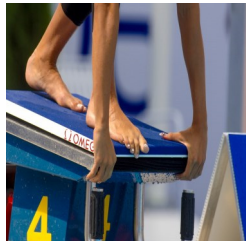
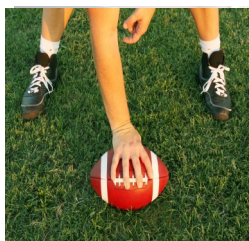


# Sudden Cardiac Arrest

## Information Sheet for

### Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

***SCA is also the leading cause of sudden death in young athletes during sports***

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

***Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!***



### Cardiac 3-Minute Drill

#### 1. RECOGNIZE

##### Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

#### 2. CALL 9-1-1

- Call for help and for an AED

#### 3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

#### 4. AED

- Use AED as soon as possible

#### 5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second  
Counts!**



## **Information on Compliance with Sudden Cardiac Arrest Awareness Act & Concussion Awareness Act.**

The safety of our players is paramount to Evergreen Region Volleyball Association. Sudden cardiac arrest is the leading cause of death for youth athletes, with as many as 1 in 250 youth athletes having a heart disorder that may increase the risk of sudden cardiac arrest. On July 24, 2015, a new State of Washington law regarding sudden cardiac arrest awareness will go into effect. SB 5083 – referred to as the Sudden Cardiac Arrest (SCA) Awareness Act – was passed by the Legislature and signed by the Governor with the intent of making youth athletes, their families, and coaches aware of sudden cardiac arrest.

Similarly, the Zachery Lystedt Law (HB 1824) for concussion awareness passed in 2009, SB 5083 specifically outlines requirements for private nonprofit groups, such as youth clubs/associations, to comply with prior to their first use of school facilities in Washington State by the private nonprofit group. For our member organizations, this means that each club/association that requests school fields/facilities must comply with SB 5083 before the school district will allow use of their facilities.

Washington Interscholastic Activities Association (WIAA) recently notified ERVA of the laws and WIAA has been charged by the Legislature with providing resources for school districts and private nonprofit groups to comply with the new law and raise awareness of this important issue.

### **To comply with SB 5083 & HB 1824, there are areas of action for our clubs and association:**

Annual Statement of Compliance (waiver) from Parent/Guardian and Player – each year, prior to the beginning of the club volleyball season, each registered volleyball player and the player's parents and/or guardian must sign and submit to the club a statement of compliance that the player and parents have both reviewed the information provided regarding sudden cardiac arrest & concussion awareness.

I have received and reviewed the included information about sudden cardiac arrest & concussion awareness.

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**Athlete Name**

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**Athlete Signature**

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**Date**

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**Parent/Guardian Name**

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**Parent/Guardian Signature**

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**Date**