

What is Sudden Cardiac Arrest?

Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. The information presented below is to provide you with the knowledge you need to help the coach keep your child safe at practices and games.

Signs and Symptoms:

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Chest pain
- Dizziness
- Racing heart beat
- Extreme fatigue

Guidelines for removal of a student from activity

If a student faints or loses consciousness while participating in or immediately following an athletic activity, the athletic director/coach/athletic trainer shall remove the student from participation in the athletic activity at that time.

If a student exhibits any of the symptoms described in the above **signs and symptoms** while participating in or immediately following an athletic activity and an athletic trainer reasonably believes that the symptom is cardiac related, the athletic trainer may remove the student from participation in the athletic activity at that time.

A coach who observes a student exhibiting any of the symptoms described in the above **signs and symptoms** while participating in or immediately following an athletic activity shall notify the parent or legal guardian of the symptom(s) their student exhibited.

A student who is removed from participation in an athletic activity shall not be permitted to return to participation in an athletic activity until the student is evaluated and cleared for *return to participation* in writing by a medical physician licensed in the State of Arkansas.

By signing below, I acknowledge that I received and have reviewed the information provided regarding sudden cardiac arrest.

Parent/Guardian Name

Athlete Name

Parent/Guardian Signature

Athlete Signature

Date

Date