What is sudden cardiac arrest?
Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. SCA is a malfunction in the heart’s electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart’s structure.

How common is SCA?
As the leading cause of death in the U.S., SCA is also the #1 killer of student athletes and the leading cause of death on school campuses.

Who is at risk for SCA?
SCA is more likely to occur during exercise or physical activity, putting student-athletes at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. They may be embarrassed, don’t want to jeopardize their playing time, mistakenly think they’re out of shape, or they simply ignore the symptoms. Family heart history factors increase the risk of SCA.

Cardiac Chain of Survival
On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delayed in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Be prepared to take action in the first minutes of collapse.

Recognition of Sudden Cardiac Arrest
Victim is collapsed, unresponsive and not breathing, even if gasping, gurgling, exhibiting breathing noises or seizure-like activity.

Call 9-1-1
Follow emergency dispatcher’s instructions. Call any on-site Emergency Responders.

Hands-Only CPR
Begin CPR immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

Defibrillation
Immediately retrieve and use an automated external defibrillator to restore the heart to its normal rhythm. Follow step-by-step audio instructions from the AED.

Advanced Care
Designate a bystander to direct EMS to the victim for quick transfer to the hospital.

For more information about Sudden Cardiac Arrest visit
California Department of Education cde.ca.gov
Eric Paredes Save A Life Foundation epsavealife.org
California Interscholastic Federation (CIF) cifstate.org
NFHS Free 20-Minute Coach/Parent Video nfhslearn.com/courses/61032