



DiscNW Sudden Cardiac Arrest Information Sheet

As of July 24, 2015, a new State of Washington law regarding sudden cardiac arrest awareness went 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. SB 5083 specifically outlines requirements for private nonprofit groups, such as DiscNW, to comply with prior to their first use of school facilities in Washington State by the private nonprofit group.

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 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 symptoms listed below are present, a cardiac evaluation by a physician is recommended.

Warning signs and symptoms of Sudden Cardiac Arrest:

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| <ul style="list-style-type: none">• Passing out during exercise• Chest pain with exercise• Excessive shortness of breath with exercise | <ul style="list-style-type: none">• 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 |
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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 (gasping). 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.

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

*I have read all **two** pages of this Sudden Cardiac Arrest Information Sheet and understand the nature and risk of sudden cardiac arrest.*