

# SUDDEN



Playmaker



# CARDIAC ARREST



## FAQ

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### **WHY DO YOU RECOMMEND TWO RECOVERY BREATHS DURING CPR?**

Unlike the UK Resuscitation Council, our CPR guidance recommends you follow your compressions with two rescue breaths.

This is because, whilst you may hesitate to perform mouth-to-mouth on a stranger, as a coach or club first aider you have a duty of care to your players: delivering rescue breaths, particularly to a child, can help to increase the likelihood of survival.

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### **CAN A PLAYER SWALLOW THEIR TONGUE?**

It's physically impossible to swallow your tongue. However, if a player is unconscious, their tongue (like any muscle) will relax and may fall to the back of the throat. This could cause a blockage, especially if the player lands on their back.

To clear the airway, your player's tongue should be lifted away from the throat by using the jaw thrust or a head-tilt/chin-lift. If either of these manoeuvres cannot be performed and you're concerned about the airway, move your player carefully into the recovery (or modified recovery) position.

The recovery position can also be used to maintain a clear airway, but only if all of the following conditions are met:

**1. YOUR PLAYER IS BREATHING NORMALLY.**

**2. YOU NEED TO LEAVE THEM ALONE.**

**3. THEY ARE AT RISK OF LOSING THEIR AIRWAY (E.G. THROUGH VOMITING).**

## CAN I USE THE RECOVERY POSITION TO TREAT A SUDDEN CARDIAC ARREST?

**No** – the recovery position is not a treatment for SCA.

Although an important tool, the position is often misused. In football, due to the physical nature of the sport, even responsive players may have unseen damage to their neck or spine. Movement could worsen these conditions, so if you suspect an injury of this kind, simply check regularly for signs of life and consider how they came to be hurt.

If you're confident that there are no restricting injuries, the recovery position can be used for both unconscious and conscious players.

**However, it should only be adopted for the following situations:**

<b>A</b>	YOUR PLAYER IS BREATHING NORMALLY	YOU NEED TO LEAVE THEM ALONE	THEY ARE AT RISK OF LOSING THEIR AIRWAY (E.G. THROUGH VOMITING)
<b>B</b>	YOUR PLAYER IS BREATHING NORMALLY	YOU CANNOT MAINTAIN A CLEAR AIRWAY VIA A JAW THRUST OR HEAD-TILT/CHIN-LIFT.	
<b>C</b>	YOUR PLAYER IS BREATHING NORMALLY	YOU SUSPECT THAT THERE MAY BE FLUID (BLOOD, MUD, ETC.) BLOCKING THE AIRWAY.	
<b>D</b>	YOUR PLAYER IS BREATHING NORMALLY	THEY ARE A KNOWN EPILEPTIC	THEY HAVE FINISHED FITTING

If you need to use the recovery position after completing successful CPR, you must check the player every 30-60 seconds for signs of life. If no longer present, move the player onto their back and recommence CPR immediately.