

GEORGIA SOCCER  
SUDDEN CARDIAC ARREST (SCA) AWARENESS  
FACT SHEET FOR YOUTH ATHLETE AND PARENT/GUARDIAN

1. Sudden Cardiac Arrest is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
2. “Youth” covered are all athletes 17 years of age or younger that wish to practice for or compete in soccer activities organized by Georgia Soccer and its Affiliates.
3. Any of the following may cause SCA:
  - a) Structural heart disease. This may or may not be present from birth
  - b) Electrical heart disease. This is a problem with the heart’s electrical system that controls the heartbeat
  - c) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
4. Warning signs in your family that you or your youth athlete may be at high risk of SCA:
  - a) A blood relative who suddenly and unexpectedly dies before age 50
  - b) Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
5. Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
  - a) Chest pain/discomfort
  - b) Unexplained fainting/near fainting or dizziness
  - c) Unexplained tiredness, shortness of breath or difficulty breathing
  - d) Unusually fast or racing heart beats
6. The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a Ga. Licensed Physician or Cardiologist and cleared in writing.
7. If the youth athlete’s biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a Ga. Licensed Physician or Cardiologist and cleared in writing.
8. Any young athlete with any of these warning signs **CANNOT** participate in practices, scrimmages or competition until cleared by a Ga. Licensed Physician or Cardiologist.
9. Other reasons to be seen by a Ga. Licensed Physician or Cardiologist would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

10. Health Care Professionals (HCP) who may evaluate and clear youth athletes. They are a Georgia licensed physician (MD) or Cardiologist. Clearance must be provided in writing to the Team official before the athlete can return to the activity.

11. Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.

12. Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, facilities have AEDs. The AEDs may be near the office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

13. If you witness a person experiencing a SCA: First, remain calm. Follow the links in the Chain of Survival:

- a) Early recognition
  - i) Assess child for responsiveness. Does the child answer if you call his/her name?
  - ii) If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
- b) Early CPR
  - i) Begin CPR immediately
- c) Early defibrillation (which is the use of an AED)
  - i) If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
  - ii) If an AED is not available, continue CPR until EMS arrives
- d) Early advanced life support and cardiovascular care • Continue CPR until EMS arrives

**Georgia Soccer requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest (SCA) by signing the Sudden Cardiac Arrest Parent/Athlete Fact Sheet. Return completed form to Affiliate Administrator.**

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Athlete Print Name

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Parent/Guardian Print Name

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Athlete Signature

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Parent/Guardian Signature