

GEORGIA SOCCER
SUDDEN CARDIAC ARREST (SCA) AWARENESS FACT SHEET FOR THE
COACH/ADMINISTRATOR

SCA 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.

“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.

1. Coach/Administrators have specific responsibilities under this policy:
 - a) Annual completion of the required SCA training course approved Georgia Soccer and the US Department of Health and Human Services’ National Heart, Lung and Blood Institute.
2. Preventing the following athletes from participating in athletic activities until the coach/administrator receives written clearance by a Georgia licensed Physician or Cardiologist. This written clearance must be shared with the Team official and Affiliate official:
 - a) A youth whose biological parent, sibling or child has previously experienced SCA.
 - b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play.
3. Any of these things 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
4. Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
5. Warning signs in a youth athlete’s family that indicate the 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 (disease of the heart muscle), long QT syndrome (a disorder of the heart's electrical activity), Marfan syndrome (a condition in which your body's connective tissue is abnormal), or other rhythm problems of the heart (arrhythmia, the heart can beat too fast, too slow, or with an irregular rhythm).
6. Warning signs and symptoms of SCA. If any of these happen with exercise, the youth athlete must be removed from play and be seen by a Ga. Licensed Physician or Cardiologist:
 - 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

7. 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 Georgia licensed Ga. Licensed Physician or Cardiologist (HCP) and cleared in writing.

8. If the youth athlete's biological parent, sibling or child has had an SCA, then the youth athlete MUST be removed from activity. Before returning to the activity, the youth athlete must be seen by a Georgia licensed Physician or Cardiologist (HCP) and cleared in writing.

9. Any young athlete with any of these warning signs cannot participate in practices, scrimmages or competition until cleared by a Georgia licensed Physician or Cardiologist (HCP).

10. Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.

11. Health Care Professionals who may evaluate and clear youth athletes. They are a Ga. Licensed Physician or Cardiologist (MD). Clearance must be provided in writing to the team official before the athlete can return to the activity.

12. 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

- i) Continue CPR until EMS arrives

Georgia Soccer requires both the youth athlete's coach and Affiliate club administrator to acknowledge receipt of information about Sudden Cardiac Arrest (SCA) by signing this Sudden Cardiac Arrest Coach/Administrator Fact Sheet. Return completed to Affiliate Administrator.

Coach Print Name

Administrator Print Name

Coach Signature

Administrator Signature