



## Youth Sports Sudden Cardiac Arrest Prevention Policy

In 2015, the Tennessee General Assembly enacted Public Chapter 325, known as “Sudden Cardiac Arrest Prevention Act”. This act, effective July 1, 2015, requires that all youth athletic activities establish guidelines to inform and educate coaches, youth athletes parent/guardians, and other adults involved in youth athletics about the nature, risk, and symptoms of sudden cardiac arrest, including the risk associated with continuing to play or practice after experiencing any of the following symptoms:

- a. Fainting or seizures during exercise;
- b. Unexplained shortness of breath;
- c. Chest pains;
- d. Dizziness;
- e. Racing heart rate; or
- f. Extreme fatigue

What is Sudden Cardiac Arrest?

*Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.*

Education is key to identifying and treating youth athletes who show signs of a sudden cardiac arrest during athletic participation. It is very important that every administrator, coach, parent/guardian, official, athlete, and health care administrator know the symptoms and steps when dealing with youth athletes that display signs of a possible sudden cardiac arrest. Sudden cardiac arrest can be a serious health issue and should be treated as such.

Goodlettsville Parks & Recreation Youth Athletics programs shall require the following:

1. **Coaches** – Prior to the first practice or competition, all coaches (head and assistant, volunteer or paid) must review and sign a sudden cardiac arrest information sheet and may participate in an approved elective sudden cardiac arrest education course.
2. **Parents/Guardians and Youth Athletes** – Prior to the first practice or competition, all youth athletes and the athlete's parents/guardian shall review a sudden cardiac arrest information sheet. A form confirming this review shall be signed and returned by the youth athlete's parent/guardian.
3. **Removal of Player with Signs & Symptoms of SCA** – Any youth athlete who shows signs, symptoms, and behavior that indicates the presence of sudden cardiac arrest shall immediately be removed from the activity or competition and be evaluated by the coach, licensed health care professional, if available, or other designated person.
4. A youth athlete who has been removed from play due to suspected sudden cardiac arrest shall not return to practice or competition until the youth athlete is evaluated by a healthcare provider and receives written clearance from the health care provider for a full or graduated return to play. (Health care provider shall be a certified athletic trainer, licensed nurse practitioner, physician's assistant, medical doctor, or osteopathic physician).
5. All documentation (including Coach Signature Forms, Player and Parent/Guardian Signature Forms, and Return to Play Forms) shall be maintained for a period of three years.