



# YOUTH SPORTS

4 Communities for RECreational Youth Sports

Proud members of the National Alliance for Youth Sports

*Better Sports for Kids... Better Kids for Life.*

## PARENTS HANDOUT

The Youth Sports Parent Handout information is a parent responsibility. Please read this carefully, adhere to the policy set forth to contribute to a safe and positive youth sports experience for all individuals involved.

### ❖ **4-Rec League Philosophy & Information**

### ❖ **National Standards for Youth Sports**

### ❖ **Parent Guidelines and Training**

- **Parent & Player Youth Sports Pledge**
- **Concussion / Head Injury &**

### **Sudden Cardiac Arrest Information**

### ❖ **Spectator Policy**

# ***Better Sports for Kids...Better Kids for Life.***

Airway Heights Parks & Recreation and the 4-Rec Youth Sports program provides recreational youth sports geared towards skill learning, sportsmanship, participation and FUN; all efforts will be directed into teaching the kids the importance of fair play, sportsmanship, and enjoying the sports. Any unsportsmanlike conduct by players, coaches, and/or parents will not be tolerated.

As competition will always be involved in team sports, the competitive spirit can be developed in each player's own personal goals and not forced by teams, by coaches and by parents. It is organization's policy to stress the importance of having the kids learn from their own experience in our Youth Sports League.

Those coaches and parents who do not agree with this organization's philosophy are urged to participate in the many other programs in the area.

Collectively all four communities will always be working continually to do all that it can to benefit the kids involved in our youth sports programs.

Thank you,



**Please review the following information contained in this packet, and if you have any questions feel free to contact any participating community.**

Airway Heights Parks & Recreation – (509) 309-2099

Medical Lake Parks & Recreation – (509) 565-5007

Fairchild Air Force Base Youth Programs – (509) 247-5603

Cheney Parks & Recreation – (509) 498-9250

## **What Is 4-Rec? 4 Communities FOR REcreational Youth Sports**

Airway Heights, Medical Lake, Fairchild Air Force Base, and Cheney are proud to bring a Youth Sports program to our communities across the West Plains. All four agencies work closely to properly and positively represent each community of the West Plains.

Through a collaborative effort each community work together to provide a variety of recreational youth sports opportunities to the kids of the entire West Plains community.

### **4Rec Youth Sports Mission**

*To provide the children of the West Plains a fun, safe environment to learn, play, and enjoy each sport, regardless of ability, through positive and supportive interactions with peers, parents, and coaches.*

## **Youth Sports Philosophy**

The philosophy of the 4Rec Youth Sports League & the Airway Heights Parks & Recreation Youth Sports program is to provide an environment in which youth feel safe and have an opportunity to enjoy sports, with an equal chance to play regardless of skill level, with an emphasis on learning, not winning. Every child has the right to have fun while participating in the program; we will not tolerate any abusive behavior that jeopardizes a child's well-being.

## **4Rec Youth Sports Program Goals**

The goal of 4-Rec Youth Sports is to provide a positive youth sports experience for everyone involved in the program, and to encourage and promote the benefits lifelong involvement in recreational play. 4 Rec Youth Sports offers a wide array of organized sports activities for youth to help them develop desirable physical skills and to mature emotionally and socially. The sports program provides opportunities for children to have contact with other youths, volunteer leaders, and youth program staff. It also provides opportunities for parents to socialize with other parents and for adults to contribute to the community by serving as volunteers in youth programs.

## **4Rec Desired Outcomes**

The outcome 4Rec desires to achieve through youth sports participation is skill improvement for every player, and a demonstrated/reflection of fun through smiles, laughter, and newly acquired friendships. Airway Heights Parks and Recreation will supply a Participation Certificate for all participants at the end of the season.

## **What Sports Are Offered?**

4-Rec Youth Sports program offers year-round opportunities for youth to participate in informal sports & fitness as well as formalized youth sports leagues, specialty camps, and instructional programs. All activities are designed to provide opportunities for the youth in our communities to participate in a fun "real game" atmosphere.

<b>Basketball</b>	January - March	<b>Soccer</b>	April – May		September - October
<b>Volleyball</b>	September – October	<b>Flag Football</b>	April – May		September - October

*\*Specialty camps & clinics vary by location. Check with your local 4-Rec agency for more details.*

## What Are the Game Rules?

All sports rules and formats are locally modified based on age levels, registration numbers, and to fit available facilities and fields. Rules are designed in each sport to be progressive by age divisions

**5/6 DIVISION** The objective of the 5/6 division is to teach fundamentals and basic understanding of gameplay. Coaches may be on the court or field during the game to help flow of gameplay.

**7/8 DIVISION** The objective of the 7/8 division is to teach fundamentals and basic understanding of gameplay, with progression to some rule enforcement. Coaches may be on the court/field to coach and help flow of the game for the first half of the season, and should progress toward coaching from the bench for second half of the season.

**9/10 DIVISION** The objective of the 9-10 divisions is to teach fundamentals, with player progression, while emphasizing the rules of the game.

**11/12 DIVISION** The objective of the 11-12 divisions is to continue player progression and understanding of the sports and prepare for Middle School regulations.

Game rules are frequently reviewed and evaluated to be modified in all age groups to ensure that advancements to better the game, and chances of injury are greatly reduced.

## Who plays?

All 4-Rec Youth Sports leagues are open to kids ages 5-12 Unless otherwise noted.

Age divisions are as follows\*: 5 & 6 | 7 & 8 | 9 & 10 | 11 & 12

*\* Whenever possible a youth sports league will have no more than a 2-year age range. Some age division modifications may apply to some sports based on overall registration numbers such as 7/8/9 & 10/11/12.*

All sports offered are coed unless otherwise noted. 4Rec Youth Sports Administrators will evaluate the benefits and opportunities each season to provide the best league possible, and if possible, will split age divisions for 9-12 into gender split teams.

All players must play in the age division they qualify for based on their age during the season. Players changing age during a season to the next age division, should be placed on a team in the age division based on the age they will be turning. Players are not permitted to “play down” an age division.

**BUMP UP RULE** The “Bump Up Rule” allows for younger players to play in one age division up. This rule may only be applied if the player has played at least one season in their true age division of the specific sports, and must have approval from the local Youth Sports Administrator.

**MULTI-SPORTS RULE** Participants may only one sport, and/or play on one team per season in the 4Rec League. Participants may play for other teams in other leagues outside of the 4Rec league.

## Who Coaches?

The 4-Rec Youth Sports depend on parents and community members as volunteer coaches. All coaches are required to undergo a Criminal History Background Check and attend Coaches Training before the start of the season. 4-Rec coaches are expected to provide a safe and positive learning environment and teach basic skills of Youth Sports and the importance of sportsmanship. All coaches must be approved by the program administrator.

### Coaches Training

The Youth Sports Administrator is a qualified National Youth Sports Coaches Association (NYSCA) trained clinician and is certified to teach and train our coaches as NYSCA certified coaches. All volunteers are required to attend training, which is offered several times each year.

**PLEASE NOTE:** *The start the season may be delayed for teams without a designated coach. As a last resort and if necessary refunds/credits will be issued for players on teams that don't have designated coaches before the first game of the season.*

*Volunteer Coaches are the life of our Youth Sports Programs, and we depend on their community service to provide a positive Youth Sports experience for our players. If you or someone you know is interested in coaching, please do not hesitate to contact us. Coaches can be parents, family members, friends, neighbors, or community members who want to coach, mentor, and share their passion for recreational sports.*

- Coaches must be 18 or older
- Commit to practice/games days and times
- Attend a mandatory coach meeting.
- Pass a criminal history background check
- Complete Coaches Training/Certification

*\* As a bonus, volunteering parents or family members who commit to coaching and complete the season as coach will receive a Youth Sports registration fee credit for future participation in our Youth Sports Program. Players of parents who commit to coaching will be guaranteed a roster spot.*

## When Are Practices & Games?

All sports season are approximately 6 to 8 weeks long including 4-6 games of regular play.

### Practices

The volunteer coaches will coordinate with the program administrator to set their own practice days and times. All practices are held in your registered community and shall be no longer than one hour in length for ages 5-7 and one hour and fifteen minutes for ages 9-12, and all teams may practice two times per week.

### Games

All games are played on Saturday mornings in all four communities unless otherwise noted. Games are played in our local parks and school facilities in each community.

## **What Equipment Do I Need?**

Each coach will be issued the equipment for each team. Players should wear athletic pants and/or shorts preferably without pockets. It is strongly encouraged that each player has sports specific shoes, but not required. Some cleats are designed for different sports, and should be worn for those sports. For example, soccer cleats do not have a “toe cleat”, but baseball cleats do. Soccer players must have shin guards. Non marking soles are required for our indoor sports, so any tennis shoes or sneaker will be acceptable.

### **Equipment Designed to Ensure Best Skill Development and Injury Reduction**

Whenever possible equipment and supplies purchased for youth sports programs meets age requirements for proper skill development and designed to reduce injuries. All equipment will be inspected before the start of each season. If equipment seems unsafe for child’s use, report it to the staff and it will be changed out immediately.

## **Are Games Officiated?**

The 4-Rec Youth Sports uses trained staff or volunteers from each agency to officiated games for all age divisions. All officials undergo a Criminal History Background Check and are trained by program administrators for the various sports and levels of play. The primary objective for 4Rec Officials is to uphold the specific 4Rec rules provided to them, encourage sportsmanship from players, parents, coaches and spectators, and provide a safe playing environment for all those involved.

Much like our volunteer coaches, and more often than not, officials 4Rec officials are individuals with a passion for youth sports that want to be involved in providing a positive youth sports experience. They are to be treated with respect and dignity by all those involved.

## **What’s The Score?**

4Rec Youth Sports understands the nature of sports and games, and that scoring is the always the primary objective of each activity. With that said, 4Rec places no emphasis on score of the game, and winning, but does encourage players and coaches to give best effort until the last second of each game. In some sports (such as basketball), at the older age divisions (9-12) score is kept. Rules are always in place that allow officials, coaches and league staff to clear the score if it is affecting the atmosphere of the game.

Score will be kept recorded for each end of season tournaments offered to our 11/12 age division. These tournaments are an extra opportunity for our players and coaches to feel the excitement of competitive play in a supportive youth sports environment.

### **4Rec End of season Tournaments:**

<b>Basketball</b>	Mini March Madness – March	<b>Soccer</b>	4Rec Cup – June
<b>Flag Football</b>	4Rec Bowl – October	<b>Volleyball</b>	Rally Challenge – October

### **Coaching Excessive Score Domination or Physical Contact**

Under no circumstances will coaches or players attempt to inflict punishment (physical, psychological, or emotional) by excessive physical contact or by purposely running up the score on the other team.

## **Providing a Safe Playing Environment**

The Youth Sports Administrator, Parks and Recreation staff, Coaches and Officials will ensure all areas are safe for children to play on. Annual inspections are done at all facilities and continuous upkeep is scheduled. Parents, coaches, and players are asked to assist in this effort by reporting safety hazards, by picking up litter, debris, and items that could pose potential safety risks to participants. Every child has a right to safe playing conditions, therefore prompt action is requested to report any safety concerns to the recreation department staff.

The Youth Sports Administrators will cancel games and practices if it is deemed an unsafe environment to play in. In the absence of Administrators decision, coaches and officials should use caution and common sense considering the safety of everyone involved.

### **SEVERE WEATHER POLICY:**

Rain or shine we play, but under no circumstances will outdoor practice or gameplay take place or continue if there is thunder or lightning in the vicinity or when there is any other condition that would increase the chance for injury.

In addition, outdoor practices and games may not take place if:

**Too Hot:** At any point if the outside temperature reaches 100 degrees or higher all practices and games will be canceled or postponed.

**or**

**Too Cold:** The outside temperature is 30 degrees or lower at game time all practices and games will be canceled or postponed.

## **First Aid**

All coaches are provided a first aid kit in case of a minor injury, and an Emergency Action Plan for major emergencies. In the event of a major medical emergency call 9-1-1.

AEDs are available at most practice and game sites.

# National Standards For Youth Sports

## **1** *Proper Sports Environment*

Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants, and the proper level of physical and emotional stress.

## **2** *Programs Based on the Well-Being of Children*

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.

## **3** *Drug, Tobacco & Alcohol-Free Environment*

Parents must encourage and contribute to a drug, tobacco and alcohol-free environment for their children. Parents must be drug, tobacco and alcohol-free at all practices and games.

## **4** *Part of a Child's Life*

Parents must recognize that youth sports are only a part of a child's life.

## **5** *Training*

Parents must insist that coaches are trained and certified.

## **6** *Parent's Active Role*

Parents must make a serious effort to take an active role in the youth sports experience of their child by providing positive support as a spectator, and towards coaches, league staff, officials and other parent's.

## **7** *Positive Role Models*

Parents must provide role models, exhibiting sportsmanlike behavior at games, practices, and home, while also giving positive reinforcement to their child and support to their child's coaches.

## **8** *Parental Commitment*

Parents must demonstrate their commitment to their child's youth sports experience by agreeing to the Parent's Youth Sports Pledge.

## **9** *Safe Playing Situations*

Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.

## **10** *Equal Play Opportunity*

Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.



# AIRWAY HEIGHTS PARKS & RECREATION

## YOUTH SPORTS PARENT GUIDELINES & TRAINING

### **Role of the Parent in Youth Sports**

Parents are vital to the success of any youth sports program. Your role is to become familiar with the program philosophy and to understand the importance of your role as a youth sports parent, and adhere to the Parent's Youth Sports Pledge. The best way to further fulfill your role is to:

1. Be sure to get your child to practices and games on time; prepared with the required attire, equipment, and water.
2. Ensure you meet the coach and lend your support by offering to help with various aspects of the team.
3. Cheer for good efforts by all players and give praise often.
4. Refrain from coaching while the coach is coaching.
5. Show respect for the officials, administrators, and coaches by showing good sportsmanship at all times.

### **Expected Parent Behavior**

Parents are expected to abide by the highest standards of sportsmanship at all times. Cheering for and encouraging players to do their best and making encouraging comments to players is desired and acceptable. A negative comment about players, coaches, officials or administrators is not acceptable under any circumstances.

### **The Role of the Coach in Youth Sports**

The youth coach has a very important and serious role. He or she is looked upon as a mentor, authority figure, and well versed in the particular sport played by your child. The coach is an extension of the Parks and Recreation Staff and should support the philosophy and goals of the program. The coach must uphold the highest standards of ethics and morals and should be someone that each child respects. The coach's job is to teach sport specific skills, teach the concept of teamwork, and sportsmanship while encouraging all players to participate fully and have fun.

### **Adults Are Our Role Models**

All adults involved are role models to children and they generally learn to act by watching adults, in particular parents. By showing support for the coach, the program, the officials, and by displaying a positive attitude, your child will learn to act the same way. Be a positive role model so your child will grow up showing positive characteristics and acquire healthy attitudes about sports. Players, especially younger ones, participate to have fun, learn skills, and build relationships with their peers. They see adults as role models and will generally act according to how their coaches and other adults act.

## **Providing Positive Reinforcement**

Children thrive under positive reinforcement. The best thing parents can do to ensure a fun and enjoyable sports experience is to praise their child's efforts, point out the positive, and keep criticism to a minimum. The attitude displayed by you will go a long way towards how your child feels about his or her participation in youth sports.

## **Discussing Concerns**

All concerns about the youth sports program are taken seriously and should be discussed as soon as they occur. Airway Heights Parks & Recreation has a desire to offer the best quality program it can. Therefore, concerns that you may have, especially those that will improve our program are welcomed. Criticism can be helpful if it is constructive and especially if it is followed up with reasonable recommendations and/or solutions.

## **Providing a Safe Playing Environment**

Please report any safety hazards that could pose potential safety risks to participants. Every child has a right to safe play conditions, therefore prompt action is requested to report any safety concerns to the Parks and Recreation Department staff.

## **Initiatives That Support Desired Outcomes**

All coaches and parents are required to "buy in" to the program philosophy and mission. By doing this they will put the kid's needs first which will result in each child having a fun and positive sports experience. Initiatives include minimum play rules for each league, smaller teams, more opportunities for success through rule modifications, de-emphasizing of scores and emphasizing participation, fun, and teaching of basic sports skills.

## **AIRWAY HEIGHTS PARKS & REC YOUTH SPORTS SPECTATOR POLICY**

The Airway Heights Parks & Recreation Department Youth Sports program aims to put the needs of the children above the needs of the adults. With this in mind, many adaptations are made to the rules, fields, teams, rosters, and policies.

The main objective of organized youth sports is to provide children a sense of self-worth through attainment of life-long skill, opportunity for fun, and meaningful play and participation. Far too many youth drop out of organized sports by the age of 13 due to negative experiences, failure to learn the necessary skills, and lack of fun!

We, at the Airway Heights Parks and Recreation Department have established clear policies for our parents and spectators to follow to ensure this objective is maintained.

Spectators of any Parks and Recreation Department Programs sporting event are expected to abide by the highest standards of sportsmanship at all times. Cheering for and encouraging players to do their best and making encouraging comments to players is highly encourage. However negative comments of any kind directed to players, coaches, or officials is not acceptable under any circumstances.

Players, especially younger ones, participate to have fun, learn skills, and build relationships with their peers. They see all adults as role models and will generally act according to how they see their coaches and other adults act.

In most cases scores are not kept, and no standings are kept in any divisions, therefore arguing with officials about calls does not contribute to the desired outcome. Officials are not going to change their calls by influence of yelling or disagreement with their judgement. The best policy is to gracefully accept the decisions of officials and sports staff and set a positive example for your child by focusing on his/her efforts and not specific incidents or game outcomes.

If negative behavior is observed by the Parks & Recreation staff, officials, or volunteers the offender will be warned and reminded of their behavior. If it continues the offender will be asked to remove him/herself from the field or facility.

Games should be viewed as an opportunity for players to showcase their hard work, enjoyment of the game, and improved skills. The self-esteem and self-worth of all players is greatly enhanced when spectators and parents cheer for all participants and show appreciation for their efforts and do not openly criticize officials, coaches, or players.

**Poor sportsmanship and negative behavior has no place in youth sports and will not be tolerated at any practice or game.**

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***It is the mission of the Youth Sports program to teach the basic skills youth need to play various youth sports in a safe and nurturing environment, where all children get an equal chance to play regardless of skill level.***

# Parents' Youth Sports Pledge

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the Airway Heights Parks & Recreation Parents' Youth Sports Pledge:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports activity.
  - I will prioritize my child's emotional and physical well-being ahead of my personal desire to win, by remembering that youth sports are for youth, not adults.
  - I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
  - I will respect officials, understand their role, and their importance to youth sports.
  - I will ensure a safe and healthy youth sports environment for my child that is free of drugs, tobacco, alcohol, and violence by refraining from their use at all youth sports activities.
  - I will refrain from the use of profanity, vulgarity, and degrading comments at all youth sports activities.
  - I will do my best to make youth sports fun for my child.
  - I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability and will expect the same from my child.
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# Players' Youth Sports Pledge

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following the Airway Heights Parks & Recreation Players' Youth Sports Pledge:

- I will show good sportsmanship towards my fellow players, coaches, officials and parents at every game and practice.
- I will do my very best to listen and learn from my coaches and officials.
- I will treat other players, coaches, officials and fans with respect no matter what they look like, who they are, or how they play and I will expect to be treated the same.
- I will have fun and make the best of my sports experience by trying my hardest and encouraging my teammates to do the same at every practice and game.
- I deserve to play in an environment that is safe and free of drugs, tobacco, alcohol, and violence and will tell an adult if I don't feel safe.
- I will encourage my parents to be involved with my team because it's important to me.
- I will remember that youth sports are an opportunity to have fun, learn new skills, and make friends.

## Concussion and Head Injury Prevention and Management – EHB 1824

In compliance with Engrossed House Bill 1824, the Zackery Lystedt Law, School Districts are now required, in cooperation with the Washington Inter-Scholastic Activities Association (WIAA), to develop guidelines and information to inform and educate youth athletes, coaches, and parents about the nature and risks of concussions and head injuries. School districts now require proof of insurance and a statement of compliance from youth sports organizations using their fields and facilities for youth sports and other physical activities with respect to policies for the management of concussion and head injury in youth sports.

Please read and review the below information with your coaches, children and fellow parents.

### **Concussions:**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.

Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.**

In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention immediately.

### **Symptoms may include one or more of the following:**

- |  |                                      |
|--|--------------------------------------|
| -Headaches   | -Change in sleep patterns            |
| -“Pressure in head”  | -“Don’t feel right”                  |
| -Nausea or vomiting  | -Neck pain                           |
| -Balance problems or dizziness                               | -Blurred, double, or fuzzy vision    |
| -Sensitivity to light or noise                               | -Feeling sluggish or slowed down     |
| -Feeling foggy or groggy                                     | -Drowsiness                          |
| -Fatigue or low energy                                       | -Sadness                             |
| -Nervousness or anxiety                                      | -Irritability                        |
| -More emotional  | -Confusion                           |
| -Concentration or memory problems<br>(Forgetting game plays) | -Repeating the same question/comment |

### **Signs observed by teammates, parents and coaches include:**

- |  |  |
|--|--|
| -Appears dazed                                 | -Vacant facial expression              |
| -Confused about assignment                     | -Forgets plays                         |
| -Is unsure of game, score, or opponent         | -Moves clumsily or looks uncoordinated |
| -Answers questions slowly                      | -Slurred speech                        |
| -Shows behavior or personality changes         | -Can’t recall events prior to hit      |
| -Can’t recall events after hit                 | -Seizures or convulsions               |
| -Any change in typical behavior or personality | -Loses consciousness                   |

### **What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: "a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion.

Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

**For current and up-to-date information on concussions visit:**

<http://www.cdc.gov/ConcussionInYouthSports/>

# Sudden Cardiac Arrest

## Information Sheet for Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



**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 also 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 following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- 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



### 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

**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.

*Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!*



**Be Prepared!  
Every Second Counts!**