



Tumwater  
School District

# ATHLETIC CLEARANCE PACKET

## High School

**Date**

**Student Name**

**School Grade**

*Please review all parts of this packet and return the required forms completed with signatures. You may use this page to check-off reviewed materials and attach your completed signed forms. **Thank You!***

Q Requirements / Eligibility - *Reviewed*

] Registration Form - *Completed/Signed*

] Physician Medical Examination Form - *Completed/Signed*

] Student Parent Consent Form - *Completed/Signed*

] Concussion Information Sheet - *Reviewed*

[ ] Student Parent Concussion & Sudden Cardiac Arrest Awareness Form

- *Completed/Signed*

I Emergency Student Health Information Form - *Completed/Signed*

] Athletic Code - *Reviewed*

] Athletic Discipline-Academic Requirements-Appeal Process - *Reviewed*

] Sudden Cardiac Arrest Pamphlet - *Reviewed*



# Tumwater School District

## High School ATHLETIC CLEARANCE

Welcome to the Tumwater School District Athletic Program. The District's athletic program operates under the guidelines of the Washington Interscholastic Activities Association (WIAA) and complies with the rules and stipulations in the Constitution and Rules and Regulations of the Association.

### MISSION STATEMENT

The Tumwater School District Athletic Department's Mission is to provide quality, well-rounded, co-curricular programs, in which our athletes learn lifelong skills of excellence, discipline, perseverance, competitiveness, cooperation, sportsmanship and dedication. We believe each sport has something unique to offer a young growing person and encourage students to participate in a variety of high school sports offerings.

All questions on the District's athletic clearance forms have been carefully reviewed for clarity and compliance with District and WIAA guidelines. It is important for parents and students to know that eligibility clearance is a serious matter. *{For example, if a student should be cleared in error, the consequences could adversely affect ALL athletes for the entire school year.}*

### REQUIREMENTS FOR ATHLETIC ELIGIBILITY CLEARANCE:

- The Health History Form must be completed in full, for each sport — each season
- **Parent and/or licensed health provider must complete the appropriate Athletic Registration Form, the Physician Medical Examination Form, Concussion Form and the Student/Parent Consent Form.** These forms will be kept on file and transferred to subsequent seasons as long as they remain valid.
- The student must meet residency requirements.
- The student must meet previous and current semester grade requirements.
- The student must have an ASB card.
- The student must have no outstanding fines/fees.
- Pay a participation fee each season *{assistance w/fees may be available ... please inquire}*
- All forms must be on file and final clearance issued by the ASB office before the student may participate.
- Please detach and keep the following information for your files: Athletic Code which includes general information, eligibility, conduct expectations, Academic Requirements and Discipline Processes and Appeals.

***Thank you for your cooperation and support.***

If you have any further questions about athletic clearance, please call your School Athletic Director:

Black Hills High School Athletic Director, Don Farler (360-709-7811)

Tumwater High School Athletic Director, Tim Graham, (360-709-7611)





**Tumwater School District**

**PHYSICIAN MEDICAL EXAMINATION  
High School**

All athletes who wish to participate in interscholastic athletics must pass a physical examination by a licensed health provider prior to the first turnout. Students entering 9th grade or any student new to the District will need a complete sports physical. All other students will need an updated evaluation reviewing their medical history since their last examination. The physician's examination form must be on file in the office. Doctors may require a full physical based on an athlete's needs.

I examined:

on

Student Name

Date

and find him/her physically fit and able to participate in interscholastic activities that are provided by the Tumwater School District

With NO limitations OR With limitations as follows:

Licensed Health Provider Signature

Date



**Tumwater School District**

**High School STUDENT PARENT CONSENT FORM**

Our son/daughter has chosen to participate in a school district athletic program. We realize that some athletic sports are more dangerous than others. Accidents can happen and the risk of serious injury and/or death does exist. Our signatures indicate that we have been advised of this information.

I hereby give my consent for my son/daughter to engage in interscholastic activities provided by the Tumwater School District. I also give my consent for my child to travel with the team on out-of-town trips.

PARENT/GUARDIAN SIGNATURE

Date

This application to compete in interscholastic athletics is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the state association.

STUDENT SIGNATURE

Date

\*\*\*\*\*

**ATHLETIC CODE**

We have read the Mission Statement, Expectations, Academic Requirements, and Athletic Discipline Guidelines of the Athletic Code. We understand and agree to the responsibility that is placed upon the participating student athlete to meet all expectations. We have read, completed, and signed the Athletic Registration Form and the Student/Parent Consent Form.

STUDENT SIGNATURE

Date

PARENT/GUARDIAN SIGNATURE

Date

\*\*\*\*\*

**FOOTBALL HELMET WARNING RELEASE**

Football players and parents must read the statement below and sign this release prior to the season. DO NOT strike an opponent with any part of the helmet or facemask. This is a violation of football rules and may cause severe brain or neck injury, including paralysis or death. Severe brain or neck injury may also occur accidentally while playing football. No helmet can prevent all such injuries. You use this helmet at your own risk.

STUDENT SIGNATURE

Date

PARENT/GUARDIAN SIGNATURE

Date





**Tumwater School District**

## **CONCUSSION INFORMATION SHEET**

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 concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

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

Headaches	“Pressure in head”	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	Change in sleep patterns	Amnesia
Don’t feel right	Fatigue or low energy	Sadness
Nervousness or anxiety	Irritability	More emotional
Confusion	Concentration or memory problems (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 appears 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 changes in typical behavior or personality	Loses consciousness	

*Adapted from the CDC and the 3rd International Conference on Concussion in Sport  
Document created 6/15 2009*

HS ConcussionInfoSheei F7-14-2020:TAC

## CONCUSSION INFORMATION SHEET ... Page 2 of 2

### **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.

**Tumwater School District**

**STUDENT/PARENT CONCUSSION and  
SUDDEN CARDIAC ARREST AWARENESS FORM**

The Tumwater School District believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student, you play a vital role in protecting participants and helping them get the best from sports.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Please refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Tumwater School District athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

**I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION  
PRESENTED IN THE CONCUSSION RECOGNITION AND  
SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.**

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**Student** Name (Printed)

**Student** Signature

Date

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**Parent** Name (Printed)

**Parent** Signature

Date



**J ANNUAL EMERGENCY AND STUDENT HEALTH INFORMATION 2020-2021** Reviewed by:Date:

Student Name	Birthdate	Gender	Grade	Teacher
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Parent/Guardian Name	Address	City	Zip Code	Cell/Home #	Work #	Email
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Parent/Guardian Name	Address	City	Zip Code	Cell/Home #	Work #	Email
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Health Care Provider	Phone	Preferred Hospital	Dental Care Provider	Phone
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Type of Medical Insurance (circle one) Private      Military/Tricare      Apple Health/Medicaid      None      **Other**

In an emergency and unable to reach parent/guardian, please contact

Emergency Contact Name	Address	City	Zip Code	Cell/Home #	Work #	Email
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Emergency Contact Name	Address	City	Zip Code	Cell/Home #	Work #	Email
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<p><b>Life -Threatening Conditions</b></p> <p>RCW28A.210.320 requires every public school to prohibit the attendance at school for any and all purposes for any student with a 'Life-Threatening Condition" who does not have medication or treatment orders and a nursing care plan on file at the school. A "Life-Threatening Condition" is defined as a health condition that will put the child in danger of death during the school day if medication or treatment orders and a nursing care plan are not in place. Students who are not in compliance with RCW 28A.210.320 are prohibited from attendance until such time that they come into complete compliance. Any parent/legal guardian who contests the schools decision has the right to due process procedures as found in Tumwater School District Policy 3200.</p> <p>Does your child have a life threatening condition? LHYes DNo</p> <p>Epi-Pen prescribed DYes DNo Allergic to: _____</p> <p>Describe reaction: _____</p> <p>Date of last reaction: _____</p> <p>Does your child have severe asthma? OYes DNo i.e. ER visit/Hospital Stay/Oral Steroids/2 unplanned visits for asthma in the last year?</p> <p>Diabetes Type 1 Bleeding Condition: Describe _____</p> <p>Seizures: Current History Type _____</p> <p>Cardiac: Describe _____</p>	<p><b>Health Information      No Medical Conditions</b></p> <p>Allergies: Please list _____</p> <p>Describe mild reaction _____</p> <p>Asthma Triggers: DResp. Infection DExercise DPollen Molds DSmoke Strong odors/fumes OWeather/Temp Change DFood- _____</p> <p>ADD/ADHD Dx by/year _____      DASD Dx by/ year _____</p> <p>Speech Condition DGlasses/Contacts Hearing Aid(s)</p> <p>Feeding Support _____ ^Mobility Support _____</p> <p>Other Health Conditions _____</p> <hr/> <p>Medication(s) Currently Used: _____ Taken at: _____                  _____ DSchool DHome                  _____ DSchool DHome                  _____ School DHome</p>
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District Policy for Administering Medication to Students: Medications, prescriptive or over the counter, may be administered to students by building administrators or their designee(s) only with **WRITTEN PERMISSION of the parent/guardian AND a Licensed Health Care Provider's Order for Medication at School.** I understand that licensed health care providers have Authorization for Medication forms or the form is available at TSD schools or online at the TSD website.

If your child is ill/injured at school, we will contact the parent/legal guardian or emergency contact person, if at all possible, and call 911, if the injury or illness warrants it. I consent to the release of medical information related to my child, to school personnel, as needed, to ensure his/her safety at school. I understand that it will be my responsibility to arrange for payment for medical care, should my child be ill/injured. I have read and understand this form.



## Tumwater School District

# High School ATHLETIC CODE

### MISSION STATEMENT

The Tumwater School District Athletic Department's Mission is to provide quality, well-rounded, co-curricular programs in which our athletes learn lifelong skills of excellence, discipline, perseverance, competitiveness, cooperation, sportsmanship and dedication. We believe each sport has something unique to offer a young growing person and encourage students to participate in a variety of high school sports offerings.

### ELIGIBILITY

- A. **Age Limits:** The student shall be under 20 years of age on September 1st for the fall sports season, on December 1st for the winter sports season, and on March 1st for the spring sports season.
- B. **Scholarship:** A student shall have passed the minimum number of classes (as explained on page 8) in the immediately preceding semester/trimester in order to be eligible for competition during the succeeding semester/trimester. The record at the end of the semester/trimester shall be final, except for those credits earned in a regular, accredited summer school program and accepted by the school district. Incompletes may be made up for credit during the first five (5) weeks of the subsequent semester/trimester. The student shall be ineligible for interscholastic competition until the incomplete(s) are cleared.
- C. **Total Semesters of Eligibility:** After entering or being eligible to enter the seventh grade, students shall have six (6) years of interscholastic eligibility. If the seventh or eighth grade is repeated, and such repetition is based upon documented academic reasons, the repeated year shall not count against the student's six (6) interscholastic competitive years.
- D. **Residency Rules:** In order to be eligible to participate and/or represent a member school in an interscholastic contest, the student shall be attending a school in which the student resides with the family unit and provided that the student has been continuously attending that member school or a feeder school of that member school for a period of one year.
- E. **Fines:** Student athletes must have all school fines paid in order to be cleared for athletic participation.

### CONDUCT EXPECTATIONS

If any athlete participates in a TSD athletic program, he/she is making the choice to abide by the following expectations and athletic code guidelines. These policies will be in effect from the first day of practice until the conclusion of the athlete's sport season and/or banquet, whichever occurs last. It is the coach's responsibility to make parental contact regarding consequences of disciplinary issues. High school coaches have the prerogative to have additional team specific expectations regarding attendance, academic requirements, etc. These should be shared with the athletes and the parents/guardians.

### REQUIREMENTS FOR ATTENDANCE

- A. Participants must attend the entire school day in order to be eligible to practice or participate in competition. The athletic director or designee must approve any exception to this requirement. In order to be excused from school, a student with a medical appointment must bring a note from the physician's office marked with the date and time spent in the office.
- B. It is the athlete's responsibility to follow the school's attendance policy and any additional attendance regulations established by the head coach for that specific sport. For some athletes, schedule conflicts with other activities may arise. If so, a student athlete must choose and abide by the consequences set by the coach.

## Tumwater School District

# High School ATHLETIC CODE ... Page2 of 2

### **TRANSPORTATION**

Participants are required to travel to and from contests with the team when transportation is provided for this purpose. Only through the written request of a parent or guardian and approval by Administration will this be waived. Request forms are available in the office. Twenty-four hour notice is preferred.

### **SPORT TRANSFER/DROP/SUSPENSION**

Any athlete who wishes to change from one sport to another during a specific sport season must secure the approval from both coaches involved and the Athletic Director (i.e., from football to cross country). Any athlete dropping from a team after the first contest without the coach's consent will forfeit his/her award. If an athlete is suspended for the season he/she will forfeit his/her award.

### **COLLEGE RECRUITMENT**

A player who is contacted personally by a college recruiter should contact his/her coach if the contact occurs during a time when the athlete is actively involved in that sport or another sport. Student athletes interested in college athletics are (1) encouraged to take the SAT or ACT initially during his/her junior year, and (2) required to sign up with the NCAA Clearinghouse. Both of these can be done through the counseling center.

### **AMATEUR STANDING**

A student who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student-athlete is one who engages in athletics for the physical, mental, social and educational benefits derived therefrom, and to whom athletics is an avocation and not a source of financial reward. In order to maintain amateur standing in those activities under WIAA jurisdiction, the student-athlete may not:

- A. Accept merchandise or in-kind gifts of more than \$300 in fair market value during any one calendar year, September 1 through August 31. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf course, etc., do not count toward this \$300 limit.
- B. Accept cash awards.
- C. Enter competition under a false name.
- D. Accept payment of expense allowances over the actual and necessary expenses for the athletic trip. (NOTE: Entry fees are not considered a reimbursable expense.)
- E. Sign or have ever signed a contract to play professional athletics.
- F. Play or have ever played on any professional team in any sport.
- G. Receive or have ever received, directly or indirectly, a salary or any other form of financial assistance (including scholarships, educational grants-in-aid, or any of his/her expenses for reporting to or visiting a professional team) from a professional sports organization.



## Tumwater School District

# High School ATHLETIC DISCIPLINE

### DISCIPLINE INFRACTIONS

- A. Unsportsmanlike conduct (including disruption, fighting, vulgarity, verbal abuse etc.).
- B. Violations of school policies and/or school disruptions.
- C. Involvement in criminal offenses.
- D. Attending social functions where minors are illegally using a prohibited substance.
- E. Consumption, possession, transmission or selling the following prohibited substances: alcoholic beverages, drugs (including anabolic steroids), look-alike drugs, narcotics, or tobacco (including pipe, cigar, smokeless tobacco, cigarette or any other smoking equipment, including e-cigarettes or the chewing or sniffing of a tobacco product).

### CONSEQUENCES

Infraction A or B: Consequences defined at the discretion of the head coach.

Infraction C or D: Consequences will be referred to the Athletic Review Board and consequences may range from restitution to season or yearlong ineligibility. The Athletic Review Board shall be chaired by the Athletic Director and consist of an assistant principal or designee, one teacher, and one out-of-season coach.

Infraction E: (These violations are cumulative for a student/athlete's entire high school eligibility)

1. **First Violation:** The student/athlete shall be immediately ineligible for interscholastic competition in the current interscholastic sports program for the remainder of the season.

Ineligibility shall continue until the next sports season in which the student/athlete wishes to participate. In order to be eligible to participate in the next interscholastic sports season, the student athlete shall meet with the school Athletic Director, to request approval to participate. The Athletic Director will recommend to the principal appropriate action to be taken in the student athlete's case. The school principal shall have the final authority as to the student athlete's participation in the interscholastic sports program.

A student/athlete who seeks and receives help for a first violation may have his/her eligibility reinstated during the season in which the violation occurred. The student/athlete must:

- o Request in writing to the Athletic Director for a Student Assistance Program Assessment.
- o Successfully complete the assessment and agree to comply with the recommendations of the assessment.

The Athletic Director will then reinstate the student/athlete with the following guidelines:

- o A seven (7) calendar day (no school holidays) suspension with a 3-day practice requirement completed before any competition. During the seven (7) day suspension, the athlete cannot participate in practice, competition or other team events (fund-raisers, unity camp, etc.).
- o During the suspension, the student/athlete may not attend any co-curricular activities as a participant or fan.
- o The student/athlete will be assigned 10 community service hours that must be coordinated with the Athletic Director and completed within a school determined timeline.
- o The student-athlete must be making satisfactory progress in completing the prescribed assessment recommendations in order to continue in that sport season.
- o If the prescribed recommendation carries over into a subsequent sport season, satisfactory progress must be demonstrated in order for a student-athlete to participate in competition.

2. **Second Violation:** A student/athlete who again violates shall be ineligible for interscholastic competition for a period of one (1) calendar year from the date of the second violation.
3. **Third Violation:** A student/athlete who violates for a third time shall be permanently ineligible for inter scholastic competition.

## **Tumwater School District**

# **High School ACADEMIC REQUIREMENTS**

Would it be good idea for Ad's and Administrators to review this policy and procedure language regarding ongoing grade check policies?

While the Tumwater School District is aware of the important role that interscholastic athletics play in the development of students, the District is also committed to the philosophy that the primary purpose of our secondary schools should be to prepare students academically to become productive citizens upon graduation. For these reasons, we have established the following academic standards for our student athletes.

### **ACADEMIC ELIGIBILITY**

The student athlete must be currently enrolled in and passing a minimum of five (5) academic classes (only one (1) non-graded class such as a TA will be allowed to count for eligibility). The student must have also passed a minimum of five (5) academic classes the previous Semester (only one (1) non-graded class such as a TA will be allowed to count for eligibility).

Student athletes must attend classes for the entire school day in order to be eligible to practice or participate in a competition. Any exception to this requirement must be approved by the Athletic Director or designee prior to participation.

Any student athlete who does not meet the above stated criteria will be considered ineligible. This means that he/she may continue practicing, but will not be allowed to participate in competitions until the athlete meets the minimum academic expectations.

### **ACADEMIC PROBATION** MTSS integration opportunity

Any student athlete who is passing at least five (5) academic classes but is not currently earning a 2.5 GPA and/or passed at least five academic classes but did not earn a 2.5 GPA the previous semester, will be placed on "Academic Probation." This means the student may be required but not limited to attend study table/opps/core flex on certain days, asked to bring parent verification of study time at home, and the coach will monitor the student's progress. At any time the coach believes the student is not making a valid effort to improve, the student athlete may lose participation time. How long? Expectation on probation ... games or no games?

### **ACADEMIC SUSPENSION**

A school student who failed to make the grade requirements shall be placed on suspension. The student shall be ineligible during the suspension period. If, at the end of the suspension period, the student is passing in the minimum number of classes required above, the student may then be reinstated for interscholastic competition. The suspension period for high school students shall be from the end of the previous semester through the last Saturday of September in the fall and the first five (5) weeks of the succeeding semester.

## **DISCIPLINE PROCESS AND APPEAL**

When an alleged violation of the Athletic Code occurs, the following steps shall be taken:

1. The head coach will be notified.
2. The coach and/or Athletic Director will conduct an investigation. This will include interviewing the students who are involved in the alleged misconduct or violation.
3. If the coach and/or Athletic Director determines that a violation has occurred, the coach and/or Athletic Director shall impose disciplinary action and notify the student and parents/guardians.
4. The student and his/her parents may accept the decision or initiate an appeal on behalf of their student. The student and his/her parents have three (3) business days to file a written notice of appeal with the principal. A hearing must convene on the appeal within three (3) business days of receipt of the notice of appeal. The discipline action shall continue during the appeal procedure set forth unless the principal or his/her designee elects to postpone such action. The Athletic Appeals Board, consisting of the Athletic Director, an assistant principal or designee, one teacher, and one out-of-season coach, will hear the appeal. Upon hearing the appeal, the student and his/her parents shall leave to allow the Athletic Appeals Board members time to discuss the appeal. Upon completion of this discussion the Athletic Appeals Board will make a recommendation. The Athletic Director is not a voting member of the Appeals Board.
5. If the recommendation is not acceptable to the student-athlete and his/her parents, they may request a meeting with the principal, provided the principal was not involved in the hearing. This meeting must be held within three (3) business days after receipt of the hearing recommendation.
6. If the principal's decision is not acceptable to the appealing parties, they may request a meeting with the Superintendent's designee. This meeting must be convened within two (2) business days of the Superintendent receiving a formal written request for a meeting.
7. Following the decision of the Superintendent, the appealing party may seek further remedy through the School Board at its next regular meeting. Presentation of the appeal to the School Board shall be in closed session. The School Board shall notify the student and his/her parents of its response to the appeal within ten (10) business days after the date of the meeting.



# Sudden C

Student-Athletes, Coaches  
\$Bott-SQ

Ei



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal heart rhythm causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death among young athletes in the U.S. approximately 300,000 individuals die each year.

**SCA is also the leading cause of sudden death in young athletes during sports**



Cardiac  
3-Minute  
Drill

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart muscle, of these conditions are inherited genetic and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity. In young student-athletes, diagnosed heart conditions at greater risk. SCA also can occur from a blow to the chest by a firm projectile (baseball or softball, Lacrosse ball or hockey puck) or by a sudden contraction from a "commo cord" (unexplained 'commo cords' in the chest).

Not every heart condition may have warning signs. Some athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present a cardiac evaluation is recommended:

- Passing out during exercise
- Chest pain or discomfort
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures

A family member should be aware of any early onset heart disease or sudden death from a heart condition before the age of 40.

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thoracic heart screening. 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, shallow breathing or abnormal (irregular) gasping. SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator. 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.**

## 1. RECOGNIZE

### Sudden Cardiac Arrest

- Unexplained fainting
- Abnormal or irregular heartbeat
- Sudden collapse

## 2. CALLS 911

Call 911 for help and request an AED.

## 3. CPR

Push hard and fast (at least 55 times per minute).

## 4. AED

Use an AED as soon as possible.

## 5. CONTINUE CARE

Continue CPR until EMS arrives.

## AED



Be Prepared!  
Every Second Counts!

**UW Medicine**  
Center For Sports Cardiology

www.wisconsin.edu/sports-cardiology



WISCONSIN MIDDLE SCHOOL ATHLETIC ASSOCIATION



HEART OF TIME  
FOUNDATION

St. Annen  
Trinity Mission Society  
Catholic Church