

# SUDDEN CARDIAC ARREST & HEART SAFETY



## Player & Parent Education

### What Is Sudden Cardiac Arrest?

Sudden Cardiac Arrest is a medical emergency that happens when the heart abruptly stops beating. Blood flow to the brain and body stops in seconds and without immediate action, it can be fatal. It is not the same as a heart attack, though both are serious cardiac events. This is a leading medical cause of death in young athletes.

### Signs & Symptoms

- fainting or collapse during or after exercise
- chest pain
- dizziness or lightheadedness
- shortness of breath
- racing heart
- extreme fatigue

### Emergency Response

If a player suddenly collapses and is unresponsive:

1. Call 911 immediately
2. Start CPR right away
3. Use an Automated External Defibrillator (AED) as soon as possible

### Player Removal / Return

If a player faints, passes out, or is suspected of having a heart issue, they will be removed from activity and not return until a licensed healthcare provider clears them, including cardiac evaluation and follow-up testing if indicated. Parents/guardians will be notified with time/date, symptoms observed, and any treatment provided.

### Prevention

-Eclipse coaches are required to take Sudden Cardiac Arrest training prior to coaching and renew certification annually

-Eclipse directors regularly review all Sudden Cardiac Arrest reports, policies, and changes in the science around prevention and treatment

### Additional Information

[US Soccer Cardiac Conditions](#)

[US Soccer Cardiac Emergencies](#)

[NFHS Sudden Cardiac Arrest Course](#)