

Imagine you're at one of your high school's sporting events. The home team is taking on a tough rival, and the gymnasium is packed with cheering fans. Suddenly, amid all the action and commotion, a young athlete collapses to the floor. He is not breathing and lies motionless on the court. His heart has stopped due to sudden cardiac arrest.



A Tragedy...

Jarrett Brenner was an all-conference, all-section athlete from Cohasset. At his basketball game halftime, Jarrett slumped over into his teammate's lap and never regained consciousness. Many critical steps that can help ensure survival from sudden cardiac arrest did not happen that night. Valuable minutes were wasted before 911 was called. CPR was eventually started many minutes after Jarrett collapsed. The school had just purchased automated external defibrillators (AEDs), but they were not deployed yet and were locked in an office. Jarrett did not survive.



A Life Saved...

Michael Spillman of Cannon Falls was playing in a pick-up basketball game when he collapsed without warning. The gym supervisor and two fellow student-athletes responded to the emergency. The trio began CPR, yet Michael remained unresponsive. Meanwhile, other players immediately called 911 and the school janitor retrieved the AED. The police officer, who arrived at the scene within 3 minutes, used the AED to shock Michael's heart back into normal rhythm. Michael was air-lifted to the hospital and regained consciousness while in the helicopter. He is now doing very well, thanks to the easily accessible AED and the quick response of his teammates.

*These are reasons why the Minnesota State High School League (MSHSL) is collaborating with the Medtronic Foundation to launch the **Anyone Can Save a Life** emergency response program. This program helps establish a clear protocol for SCA emergencies.*

What Do You Do When SCA Strikes?

A victim of sudden cardiac arrest will often complain of feeling "faint" or dizzy, usually during or just after exercise. They will rapidly become unconscious and may gasp for breath for a short time.

If someone collapses and is not breathing:

1. Call 911
2. Start chest compressions
3. Get an Automated External Defibrillator (AED)
4. Turn it on and follow the voice prompts

Every second counts! When SCA occurs, chest compressions and the use of an AED need to start *immediately*. **The key to survival is action.** *If SCA goes untreated, the victim will die.*

Applying the AED will only help. You cannot hurt someone with an AED because it will only apply a shock if needed. The only way you can hurt someone who has collapsed from SCA is to do nothing. The AED is very easy to use by following the voice prompts.



Although not everyone can be saved from sudden cardiac arrest, studies show that early defibrillation can dramatically improve survival rates. For more information on operating instructions, use, indications, contraindications, warnings, precautions, and potential adverse reactions, go to <http://www.aedhelp.com>.

ANYONE CAN SAVE A LIFE

An Emergency Response Program for After School Practices and Events



www.anyonecansavealife.org

Plan. Learn.

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a condition in which the heart stops abruptly, without warning. It is usually caused by ventricular fibrillation, an abnormality in the heart's electrical system. In this state, the heart fails to pump blood to the body's other vital organs.

Death follows within minutes.

Unfortunately, sudden cardiac arrest itself is often the first symptom and can occur in outwardly healthy people with no known heart disease or other health problems.

SCA FACTS:

- Early CPR and early defibrillation are required to save the victim's life.
- A shock delivered by an automated external defibrillator (AED) within 3 to 5 minutes can save a life.
- Survival rates decrease by 10% with each minute of delay.
- The AED, when applied, will look for a 'shockable' heart rhythm and will only deliver a shock if it is needed.
- Defibrillation is the only proven treatment for SCA.
- SCA is a leading cause of death throughout the world.
- The American Heart Association estimates that greater availability and use of AEDs could save as many as 40,000 Americans each year.

**More than 250,000
Americans die each year from
Sudden Cardiac Arrest.**

Why Does Your School Need an Emergency Response Program for Athletics and Activities?

Sudden Cardiac Arrest is the leading cause of death in young athletes. Just one in ten student-athletes who suffer from SCA survives.

An estimated 100-150 deaths occur in high school athletes from roughly three million participants each year in the U.S. Last year in Minnesota, there were five known SCA incidents among high school athletes.

A 2008 survey of Minnesota schools, conducted by the Minnesota State High School League, revealed that:

- **90%** of schools have at least one AED. **AED's are not useful unless they are accompanied by an Emergency Action Plan (EAP).**
- Nearly **60%** of responding schools **do not have an Emergency Action Plan (EAP)** for athletic events and after-school activities.
- At least **6%** of schools surveyed have had a situation in their building that **required the use of an AED.**

In addition to athletics and activities, schools are a common gathering place in the community. In fact, **an estimated 20% of the U.S. population congregates at any one time on school grounds.** This is all the more reason to be prepared.

- SCA often happens without warning.
- Unless victims receive adequate aid within 3 to 5 minutes, SCA is 100% fatal.
- The average response time for paramedics is 8 to 10 minutes.
- While most Minnesota high schools have AEDs, the school community may not know where they are located or how to use them.

*It's time to make your school
community a safer place.*

ANYONE CAN SAVE A LIFE

How Can This Program Help Your School?

Anyone Can Save a Life is a first-of-its-kind, school-based educational program designed to save lives from sudden cardiac arrest. The program aims to:

- **Raise awareness** of SCA among coaches, administrators, advisors, event staff, students, and parents.
- Teach the **warning signs and symptoms** of SCA.
- Help schools create and implement an **Emergency Action Plan (EAP)** for athletics and activities.
- Offer the latest **CPR/AED education.**
- Increase public access to and use of **AEDs.**
- Create an awareness of the importance of the **Pre-Participation Health Questionnaire.**

This comprehensive program offers administrators a step-by-step guide to implement an Emergency Action Plan (EAP) for athletics and activities that occur after regular school hours.

The Anyone Can Save A Life Emergency Action Plan (EAP) includes:

- AED Site Assessment
- Communication Plan
- Individual Sport and Activity EAP's
- Review of Minnesota Law
- Coordination with Emergency Medical Services (EMS)
- Turnkey Resources for Training and Education
- 'Drop the Dummy' Drills and Instructions
- Media Response Guidelines
- Follow Up After Use of an AED
- Critical Incident Stress Debriefing

Lives are saved by... Early Access to Care - Call 911 • Early CPR • Early Defibrillation with an AED • Early Advance Care - Transport to Hospital

ANYONE CAN SAVE A LIFE

STUDENT RESPONSE TEAMS

This form is to be completed by the coach and returned to the Athletic/Activity Administrator.

CPR/AED TEAM (Those trained in CPR)

This team is responsible for administering CPR and for applying the AED. It is recommended that the student-athletes on the CPR/AED Team be trained in CPR and AED use. If there are students who are interested in being on this team who are not currently trained, contact the Athletic/Activities Administrator for training options.

Lead Responder	Coach/Advisor:
Responder	Student 1:
Responder	Student 2:
Responder	Student 3:

911 TEAM

This team is responsible for calling 911 and letting EMS know the details of the emergency, including the location and nearest access point to the victim. This team should also be made aware of the nearest accessible landline phone.

911 Caller	Student 1:	Student 2:
Staff Caller	Student 1:	Student 2:
Meet EMS	Student 1:	Student 2:
Meet EMS here	Practice:	Game:
Nearest Phone	Practice:	Game:

AED RETRIEVAL TEAM

This team is responsible for retrieving the AED and bringing it to the victim as quickly as possible. This team should know the location of the nearest AED and, if there is an Athletic Trainer on staff, where the ATC is usually stationed during practices and games.

Get AED	Student 1:	Student 2:
Get Athletic Trainer	Student 1:	Student 2:
AED Location	Practice:	Game:
Typical Location of the Athletic Trainer		

Note: The computer-generated Response Protocol worksheet and Response Teams worksheet (pages 24/25 in the workbook) should be printed on one sheet of paper, front to back.

ANYONE CAN SAVE A LIFE

RESPONSE PROTOCOL - Athletics & Activities

COACH				
SPORT				
LEVEL				
SEASON				
EMERGENCY CONTACTS				
1st Call	911	911	911	911
2nd Call		C:	W:	H:
3rd Call		C:	W:	H:
4th Call		C:	W:	H:
5th Call		C:	W:	H:
Nearest Phone	Practice:		Game:	
Nearest AED	Practice:		Game:	
EMS Access Point	Practice:		Game:	
EMS Cross Street	Practice:		Game:	

In the event of a cardiac emergency, the trained coach/advisor will be the lead responder and will activate the student response teams as follows:

Lead Responder and CPR/AED Team

If someone collapses, is not breathing normally, and is unresponsive to shaking, initiate response protocol:

1. Instruct Emergency Call Team to call 911 and staff numbers listed and to go to EMS Access Point.
2. Instruct AED Retrieval Team to get the AED from nearest location and find the Athletic Trainer.
3. Position the person on his/her back.
4. Put one hand on top of the other in the middle of the victim's chest. Keeping your arms straight, push hard and fast, at about 100 presses a minute. Let the chest completely recoil after each compression.
5. Take turns doing CPR with fellow responders. Keep CPR interruptions to a minimum.
6. Once the AED arrives, turn it on, and follow the voice prompts.
 - a. Remove clothing from chest.
 - b. Attach electrode pads as directed by the voice prompts.
 - c. Stand clear while the AED analyzes the heart rhythm.
 - d. Keep the area clear if the AED advises a shock.
 - e. Follow the device prompts for further action.
 - f. After EMS takes charge of the victim, deliver AED to Athletic Director for data download.

911 Team

Student 1. Call 911: Provide the dispatcher with a quick description of the medical emergency.
Provide the dispatcher with the EMS Access Point and Cross Street /Intersection as listed above.

Student 2. Go to the EMS Access Point to meet the ambulance.

Student 3. Call Emergency Contacts (2nd-5th) as listed above.
Provide a quick description of the medical emergency and provide the victim's name and location.

AED Retrieval Team

Student 1. Retrieve the AED and give it to the Coach/Lead Responder.

Student 2. Locate the Athletic Trainer and escort to the medical emergency.

Plan. Learn.