

2024 PROPOSED POLICY CHANGES - Operations

1 POLICY 42

2 **SUDDEN CARDIAC ARREST**

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4 Sudden cardiac arrest is a leading cause of sports-related death. This policy provides procedures for educational requirements
5 of all paid coaches and recommends added training.
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7 **42.1 Education of Management of Sudden Cardiac Arrest**

8 **42.1.1 Requirement for Coaches and Student Athletes.** All FHSAA member school head coaches and paid/
9 supplemented coaches and student athletes are required to annually view the FREE NFHS online education course “Sudden
10 Cardiac Arrest”. This free NFHS cardiac arrest course may be viewed online at www.nfhslearn.com.

11 **42.1.2 Recommendation.** All member school personnel, contest officials, parents and media are strongly encouraged
12 to educate themselves by viewing the FREE NFHS online education course “Sudden Cardiac Arrest”. This free NFHS cardiac
13 arrest course may be viewed online at www.nfhslearn.com.
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15 **42.2 Sudden Cardiac Arrest.** Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and
16 unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA can cause death if
17 it’s not treated within minutes.

18 **42.2.1** Symptoms of sudden cardiac arrest include:

19 **42.2.1.1** Sudden Collapse

20 **42.2.1.2** No Pulse

21 **42.2.1.3** No breathing

22 **42.2.2** Warning Signs associated with sudden cardiac arrest include:

23 **42.2.2.1** Fainting during exercise or activity

24 **42.2.2.2** Shortness of breath

25 **42.2.2.3** Racing heart rate

26 **42.2.2.4** Dizziness

27 **42.2.2.5** Chest pains

28 **42.2.2.6** Extreme fatigue

29 **42.2.3 Cardiopulmonary Resuscitation (CPR).** ~~It is strongly recommended that all coaches, whether paid or~~
30 ~~volunteer, are regularly trained in CPR. Training is encouraged through agencies that provide hands-on training and offer~~
31 ~~certificates that include an expiration date. In accordance with § 1006.165, F.S., each member school must adhere to the~~
32 ~~following requirements for Automatic External Defibrillators (AEDs): Paid coaches are required to hold and maintain a~~
33 ~~certification in cardiopulmonary resuscitation, first aid, and the use of an automatic external defibrillator (AED). The~~
34 ~~certification shall be consistent with national, evidence-based cardiovascular care guidelines. A course completion card or~~
35 ~~certificate issued by the American Heart Association or the American Red Cross or an equivalent cardiopulmonary~~
36 ~~resuscitation course completion card or certificate issued by an entity approved by the Florida Department of Health should~~
37 ~~be in file with the school to verify training. (§1012.55(2)(a), F.S.)~~

38 **42.2.3.1** ~~All program volunteers are strongly encouraged to hold and maintain a certification in cardiopulmonary~~
39 ~~resuscitation, first aid, and the use of an automatic external defibrillator (AED). The certification shall be consistent with~~
40 ~~national, evidence-based cardiovascular care guidelines.~~

41 **42.2.3.1.2 Automatic External Defibrillator (AED).** ~~Each member school shall have an operational~~
42 ~~AED on the school grounds (§1006.165, F.S.). Automatic external defibrillators (AEDs) must be available in a safe, clearly~~
43 ~~marked, publicized and accessible location for any athletic contest, practice, workout or conditioning session, including those~~
44 ~~conducted outside of the school year.~~

45 **42.2.3.3** ~~The location of each AED shall be registered with local emergency medical services (§1006.165, F.S.).~~

46 **42.2.3.1.1.4** ~~A school employee or volunteer with current training in cardiopulmonary resuscitation and use of a~~
47 ~~defibrillator must be present at each athletic event during and outside of the school year, including practices, workouts and~~
48 ~~conditioning sessions. All employees or volunteers who may be reasonably expected to use a defibrillator must complete~~
49 ~~training in cardiopulmonary resuscitation or a basic first aid course that includes cardiopulmonary resuscitation training.~~

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- 1 ~~42.2.3.1.1.1~~ Each individual required to complete the training in ~~42.2.3.1.1~~ must be notified annually of the
- 2 ~~location of each defibrillator on the school grounds.~~
- 3 **42.2.4** What to do if your student-athlete collapses:
- 4 **42.2.4.1** Call 911
- 5 **42.2.4.2** Send for an AED
- 6 **42.2.4.3** Begin compressions
- 7 **42.2.4.4** Use AED when it becomes accessible
- 8 **42.2.5 Sudden Cardiac Arrest Release Form.** The student and parent or legal guardian, duly appointed by a
- 9 court of competent jurisdiction, must submit the release form provided by the association (Form EL3 – Consent and Release
- 10 from Liability Certificate).