

Athlete/Parent/Guardian Sudden Cardiac Arrest

Symptoms and Warning Signs Information Sheet and Acknowledgment of Receipt and Review Form.

What is sudden Cardiac arrest?

Sudden cardiac arrest(SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- Fainting or seizures during exercise;
- Unexplained shortness of breath;
- Dizziness;
- Extreme fatigue;
- Chest pains; or
- Racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All youth athletes and their parents or guardians must read and sign this form. It must be returned to the organization before participation in any athletic activity. A new form must be signed and returned each year.
- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - Unexplained shortness of breath;
 - Chest Pains;
 - Dizziness;
 - Racing heart rate; or
 - Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with SCA.
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian Name

Date

Registration: Waivers

Consent for Emergency Medical Care

I, the parent/guardian of the registrant(s), a minor(s), give my permission to any adult officially representing GKAIISA or my child's team to obtain emergency medical treatment for the registrant(s) in the event of an accident resulting in personal injury requiring such treatment.

I have read the above statement and indicate my agreement

GKAIISA Participation Release

I, the parent/guardian of the registrant(s), listed, a minor(s), agree that the registrant(s) and I will abide by the rules of GKAIISA, its affiliated organizations and sponsors. Recognizing the possibility of physical injury that could occur during a swim meet or practice session and travel due to vehicle accident or other unforeseen accidents, I hereby release, discharge and/or otherwise indemnify the GKAIISA, and its affiliated organizations, sponsors, and associated personnel, including owners of pools and facilities utilized by the swim program against any claim by or on behalf of the registrant or their family as a result of the registrant's participation in the swim program and/or being transported to or from the same, which transportation I hereby authorize by the signing of this release.

I have read the above statement and indicate my agreement

Parent-Athlete Concussion Information Sheet

I, the parent/guardian of the registrant(s), listed, a minor(s) have read the information regarding Concussion Information provided and/or on the GKAIISA website. I understand the signs and symptoms of concussion: headache or pressure in the head, nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light, sensitivity to noise, feeling sluggish, concentration or memory problems, confusion, or just not feeling right. Additionally, I have educated my child about these symptoms. I understand the concussion danger signs: one pupil larger than the other, drowsy or cannot be awakened, a worsening headache, weakness or decreased coordination, repeated nausea or vomiting, slurred speech, convulsions or seizures, inability to recognize people or places, increasingly confused, unusual behavior, or loss of consciousness. I have instructed my child to report any symptoms that may be due to concussion. If my child reports any concussion symptoms of concussion, I will remove him/her from competition and seek medical advice. My child and I have read and are aware of all items on the Student-Athlete & Parent/legal Guardian Concussion Statement provided and found on the GKAIISA website.

I have read the above statement and indicate my agreement

Parent-Athlete Sudden Cardiac Arrest Form

I, the parent/guardian of the registrant(s), listed, a minor(s) have read the information regarding Sudden Cardiac Arrest (SCA) Symptoms and Warning Signs provided and found on the GKAIISA website. I understand SCA is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the life of children, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating. SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student-athletes. Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart. These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated. There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it. The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms: 1. Unexplained shortness of breath; 2. Chest pains; 3. Dizziness; 4. Racing heart rate; or 5. Extreme fatigue; and establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest. Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing. I have reviewed and understand the symptoms and warning signs of SCA.

I have read the above statement and indicate my agreement.