

Dear Parent,

We are pleased to announce that Greenbrier County Schools will be updating the AED/CPR procedures to include a Cardiac Response Plan (CERP).

The American Heart Association (AHA) wants people to learn First Aid, CPR and AED to create a generation that is prepared to act in an emergency, putting more qualified lifesavers in our communities and creating a Nation of Heart Savers.

Approximately 9 in 10 cardiac arrest victims who receive a shock from an AED in the first minute, live. During cardiac arrest, CPR can double or triple a person's chance of survival (American Heart Association). Across the United States, even the best emergency medical services (EMS) systems cannot reach a cardiac arrest victim for 3-5 minutes. Prompt immediate action can double or triple a victim's chance of survival.

What is a Cardiac Emergency Response Plan?

It is a written document that establishes specific steps to take in a cardiac emergency at school or sporting event.

What is a Cardiac Response Team?

A group of school or sport staff members who have current CPR/AED training and are designated to respond to and provide CPR and AED use in a sudden cardiac emergency.

Greenbrier County Schools Cardiac Response Plan for sporting/band events

Signs of Sudden Cardiac Arrest can include one or more of the following.

- Not moving, unresponsive or unconscious,
- Not breathing normally (i.e., may have irregular or rapid breathing, gasping, or gurgling or may not be breathing at all), or
- Seizure or convulsion-like shaking activity
- Sudden cardiac arrest events can vary greatly. Coaches, staff, athletic trainers, volunteers, and Cardiac Emergency Response Team (CERT) members must be prepared to perform the duties outlined below. Immediate action is crucial to successfully respond to a cardiac emergency.

- Any student known to have exhibited syncope/fainting at any time prior, during or immediately after an athletic activity cannot return to participation until the student is evaluated and cleared for return in writing by a physician, certified nurse practitioner or physician assistant.

Steps DURING Emergency

- Suspend all play immediately.
- Send all players to their appropriate team bench and off the field.
- Ensure scene safety.
- Call 9-1-1 as soon as you suspect a sudden cardiac arrest- that the heart has stopped.
- Begin CPR right away pushing hard and fast in the center of the victim's chest 100-120 times/minute with Rescue Breathing 30:2 ratio (protective face shields are attached to all AEDs on the zippered side pocket).
- Have a second person, if available, Get AED or get it yourself after 2 minutes of CPR. Open and turn on the unit, Follow the VOICE Directions to apply pads to victim. Continue CPR and AED use until EMS arrives.
- Contact the player's parents/guardian. If providing care, have another coach or adult contact the parents/guardian.
- Have coaching staff or a parent wait at the entrance of the field to meet and direct EMS to scene.
- Transfer to EMERGENCY MEDICAL SERVICES (EMS).

We encourage all parents to learn CPR through one of these options

www.heart.org/handonlycpr or www.heart.org/CERP

If you have any questions concerning the new Cardiac Response Plan, please contact your Principal or School Nursing Staff. Thank you for your support.

I have been provided with the CERP for Greenbrier County Sports and have reviewed the WWSAAC sudden cardiac arrest awareness plan.

Parent Signature: _____ Date _____

Student Signature: _____ Date _____