

## **Bristol Virginia Public Schools**

### **Student-Athlete Sudden Cardiac Arrest**

#### **Legislative Background**

SB 463 directs the Board of Education to develop, biennially update and distribute to each local school division guidelines on policies to inform and educate coaches, student-athletes, and student-athlete's parents and guardians about the nature and risk of sudden cardiac arrest, procedure for removal from and return to play, and the risk of not reporting symptoms.

Bristol Virginia Public Schools will distribute this information to student-athlete's parents and guardians annually.

#### **Recognizing Sudden Cardiac Arrest**

##### **What is Sudden Cardiac Arrest (SCA)**

SCA occurs when the heart stops beating, suddenly and unexpectedly. SCA is not a heart attack, which is due to a blockage (and can lead to SCA) but occurs due to a malfunction of the heart's electrical system. SCA is rare, but a tragic event that can lead to death. Most conditions responsible for SCA are inherited, however there are other causes.

##### **Possible warning signs of SCA**

- Dizziness or light headedness when exercising
- Fainting or passing out during exercise
- Shortness of breath or difficulty breathing with exercise, not asthma related
- Racing, skipped heartbeat or fluttering heartbeat (palpitations)
- Weakness and/or extreme fatigue
- Chest pains /pressure or tightness during or after exercise
- History of high blood pressure

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

The symptoms may mean something is wrong and the athlete should be assessed before returning to play. Continuing to play could lead to SCA

##### **How can you help prevent SCA?**

- Ensure that your child (student) knows about any family history of SCA or heart disease in your family.
- Make sure that your child has a thorough preseason screening exam
- Ensure your child is not using non-prescribed stimulant or performance enhancing drugs
- Be aware that inappropriate use of prescription medications, energy drinks and vaping can increase your risk factors
- Encourage your child to report and be honest about any unusual symptoms such as those listed above and take warnings seriously.

BVPS has AEDs in all facilities, coaches are AED, CPR and First Aid Certified and a Certified Athletic Trainer is on staff.

Reference: [sca-fact-sheet-parent.pdf \(dt5602vnjxv0c.cloudfront.net\)](https://dt5602vnjxv0c.cloudfront.net/sca-fact-sheet-parent.pdf)

**Bristol VA Public Schools**

**Parent/ Student Athlete Acknowledgement Statement**

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Student's Name

Please answer the following questions.

<b>Patient History</b>	<b>Yes</b>	<b>No</b>
Has your child fainted or passed out during exercise?		
Has your child fainted or passed out after exercise?		
Has your child had extreme fatigue associated with exercise?		
Has your child had unusual or extreme shortness of breath with exercise?		
Has your child ever had discomfort, pain, or pressure in chest with exercise?		
Has your child ever been diagnosed with an unexplained seizure disorder?		
Does your child have a cardiac condition?		
If yes, what?		
<b>Family History</b>		
Are there any family members who had an unexpected death before the age of 50?		
Are there any family members who died of heart problems before the age of 50?		
Are there family members who have unexplained fainting and seizures?		
If you answered yes to any question, please explain.		

**\*If you answered yes to any of the questions, further cardiac evaluation will be required and a signed medical release from a Health Care Provider must be on file to Return to Play.**

I acknowledge that I have read and understand the Sudden Cardiac Arrest Fact Sheet.

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Parent/Guardian Signature

Date