Sudden Cardiac Arrest

What causes sudden cardiac arrest in student athletes?

• Inherited condition at birth of the heart muscle
• Inherited condition at birth of the electrical system
• No inherited conditions such as coronary artery abnormalities, Aortic Valve abnormalities, Non-compaction Cardiomyopathy and Wolf-Parkinson's-White Syndrome.
• Idiopathic or unknown.

Warning signs of sudden cardiac arrest

• Fainting, passing out or seizure
• Chest pain or discomfort
• Excessive shortness of breath
• Racing heart
• Dizziness
• Unusual fatigue or weakness
• Fainting
• Family history

Any student athlete exhibiting any of these signs will be removed immediately by the coach or sponsor. A medical evaluation will be required before a student is cleared for participation.

Student Signature: ____________________ Date: ____________

Parent/Guardian Signature: __________________ Date: __________