

NOWATA HIGH SCHOOL

707 West Osage
Nowata, Ok 74048
Principal, Bron Williams (918)273-2221

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: _____