

SUDDEN CARDIAC ARREST INFORMATION SHEET

Signs and symptoms of sudden cardiac arrest may show up either during or right after athletic activity. Athletic activity includes: Interscholastic athletics, athletic competition other than interscholastic athletics, cheerleading, club-sponsored sports activities, noncompetitive cheer sponsored by a school, practices, interscholastic practices, and scrimmages for public school, charter school, or private school.

If your child reports any symptoms listed below, or if you notice the symptoms or signs yourself, your child should be seen by a physician.

Warning signs of sudden cardiac arrest include: experiencing fainting or seizures during exercise, unexplained shortness of breath, chest pains, dizziness, racing heart rate, or extreme fatigue. The risks associated with continuing to play or practice are to be evaluated by a physician.

California Education Code 33479.5 requires the pupil to be removed until cleared by a physician:

A pupil who passes out or faints while participating in or immediately following an athletic activity, or who is known to have passed out or fainted while participating in or immediately following an athletic activity, shall be removed from participation at that time by the athletic director, coach, athletic trainer, or authorized person. A pupil who is removed from play shall not be permitted to return to participate in an athletic activity until the pupil is evaluated and cleared to return to participate in writing by a physician and surgeon, or a nurse practitioner or physician assistant practicing in accordance with standardized procedures or protocols developed by the supervising physician and surgeon and the nurse practitioner or physician assistant, as applicable.

NOTE: This does not apply to Physical Education during the regular schoolday.