

Emergency Action Plan for Sudden Cardiac Arrest (SCA)

Universal Response to the Collapsed Athlete



Collapsed and Unresponsive*

Assume SCA

Signs of SCA:
Continued respirations/gasping
Seizure-like activity/twitching
Eyes open/rolled back
(Falsely assuming a pulse)

*Unresponsive to shoulder tap and verbal stimuli



Call EMS



Begin hands-only CPR (chest compressions)



Retrieve and apply an AED as soon as possible