

POLICY
RI SCHOOL FOR THE DEAF
BOARD OF TRUSTEES

Sudden Cardiac Arrest Policy

Guiding Principle & Purpose

Sudden cardiac arrest is the sudden, unexpected loss of heart function, breathing and consciousness. Sudden cardiac arrest usually results from an electrical disturbance in your heart that disrupts its pumping action, stopping blood flow to the rest of your body. Sudden cardiac arrest is different from a heart attack, which occurs when blood flow to a portion of the heart is blocked. However, a heart attack can sometimes trigger an electrical disturbance that leads to sudden cardiac arrest. Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death.

With fast, appropriate medical care, survival is possible.

Administering cardiopulmonary resuscitation (CPR), treating with a defibrillator — or even just compressions to the chest — can improve the chances of survival until emergency personnel arrive.

Sudden cardiac arrest symptoms are immediate and drastic and include:

- Sudden collapse
- No pulse
- No breathing
- Loss of consciousness

Sometimes other signs and symptoms precede sudden cardiac arrest. These may include fatigue, fainting, blackouts, dizziness, chest pain, shortness of breath, weakness, palpitations or vomiting. But sudden cardiac arrest often occurs with no warning.

Policy

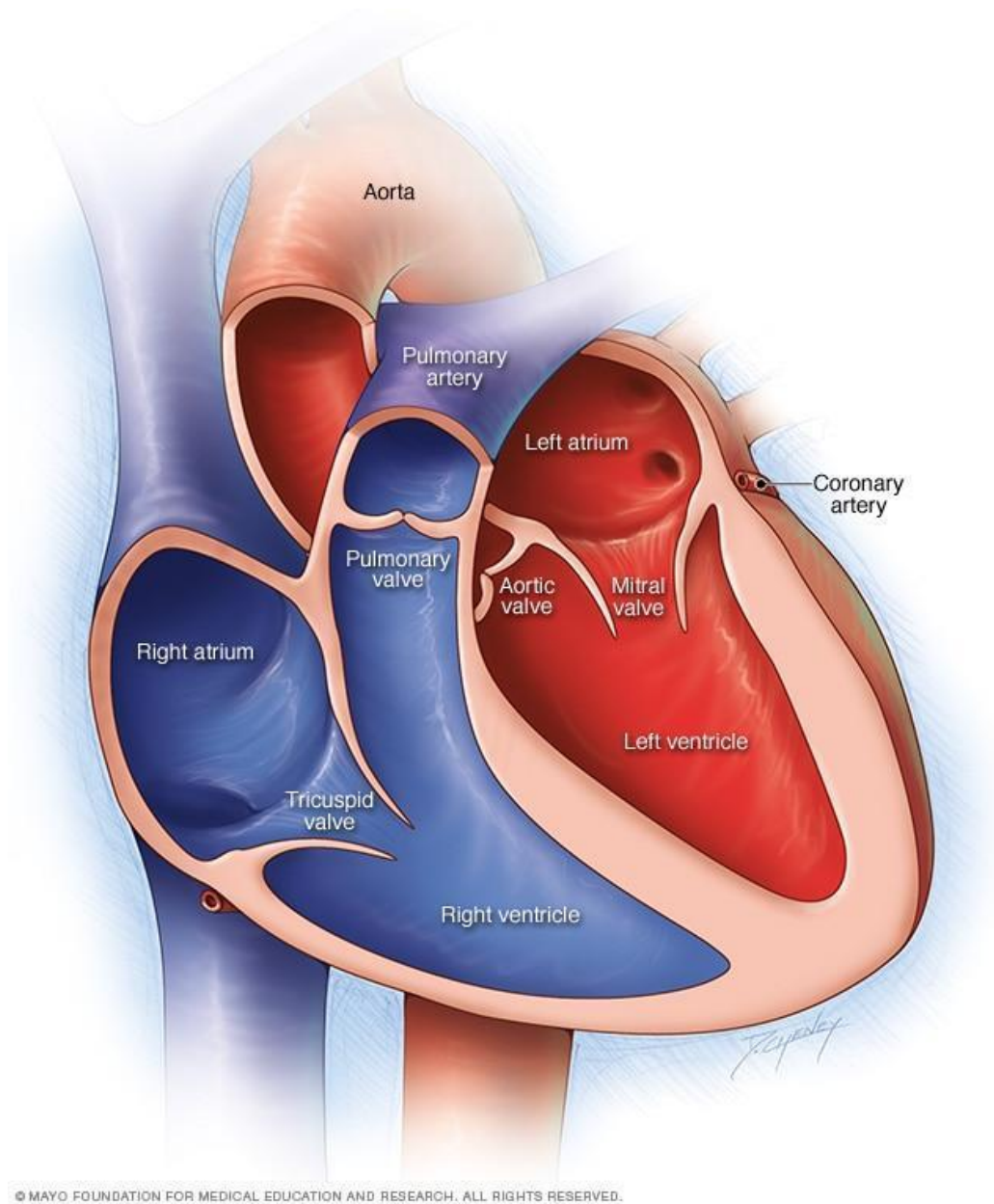
All coaches and assistant coaches will be trained annually using an online training program through the NFHS Learning Center. Fifteen staff members are certified in First Aid, CPR, and AED in addition to the School Nurse. All coaches and coach assistants not employed by the school also are trained in First Aid, CPR, and AED. All juniors are trained in a basic knowledge CPR course with hands-on participation.

There are four AEDS on the property. Three are contained in wall mounted cabinets and are purposefully located throughout the building. One is in the elementary section of school, one at the front hallway, and one in the gym lobby. The fourth AED, the travel AED, is available for all sporting practices, games, and away events. The elementary and travel AEDs have text message support available to be accessible to the deaf and hard of hearing that cannot distinguish what the

voice prompter is saying. All AEDs are checked monthly for battery strength, AED pads are updated every two years according to manufacturer recommendations.

If a student or staff is experiencing chest pain or discomfort, heart palpitations, irregular or rapid heartbeats, unexplained wheezing or shortness of breath, fainting or near fainting, is lightheaded or dizzy, **911 must be called**. When the heart stops the lack of oxygenated blood can cause brain damage in only a few minutes. Death or permanent brain damage can occur within four to six minutes. Time is critical when you're helping an unconscious person who isn't breathing. **Take immediate action.**

- **Call 911** if someone has collapsed or is found unresponsive. If the unconscious person is a child and you're alone, administer CPR, or chest compressions only, for two minutes before calling 911 or emergency medical help or before using a portable defibrillator.
- **Perform CPR.** Quickly check the unconscious person's breathing. If he or she isn't breathing normally, begin CPR. Push hard and fast on the person's chest — at the rate of 100 to 120 compressions a minute. If you've been trained in CPR, check the person's airway and deliver rescue breaths after every 30 compressions.
- If you haven't been trained, just continue chest compressions. Allow the chest to rise completely between compressions. Keep doing this until a portable defibrillator is available or emergency personnel arrive.
- **Use a portable defibrillator** if one is available. If you're not trained to use a portable defibrillator, a 911 or emergency medical help operator may be able to guide you in its use. Deliver one shock if advised by the device and then immediately begin CPR starting with chest compressions, or give chest compressions only, for about two minutes.
- RISDeaf has several defibrillators hung along the hallway of the School building. Another accompanies all teams to away games.
- Using the defibrillator, check the person's heart rhythm. If necessary, the defibrillator will administer a shock. Repeat this cycle until the person recovers consciousness or emergency personnel take over.



1. Parents and/or guardians shall be provided with information as to the nature and warning signs of sudden cardiac arrest prior to the start of every sport season.
2. A student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, or other official designated by the student's school entity, exhibits signs or symptoms of sudden cardiac arrest while participating in an athletic activity shall be removed by the coach from participation at that time.
3. If a student is known to have exhibited signs or symptoms of sudden cardiac arrest at any time prior to or following an athletic activity, the student shall be prevented from

participating in an athletic activity until cleared medically by a trained physician, Physician's Assistant or Nurse Practitioner.

4. All RI school districts are encouraged to have an athletic trainer, or similarly trained person, at athletic events. RISDEaf shall always hire an athletic trainer for competitive multi-school athletic tournaments held on school grounds.