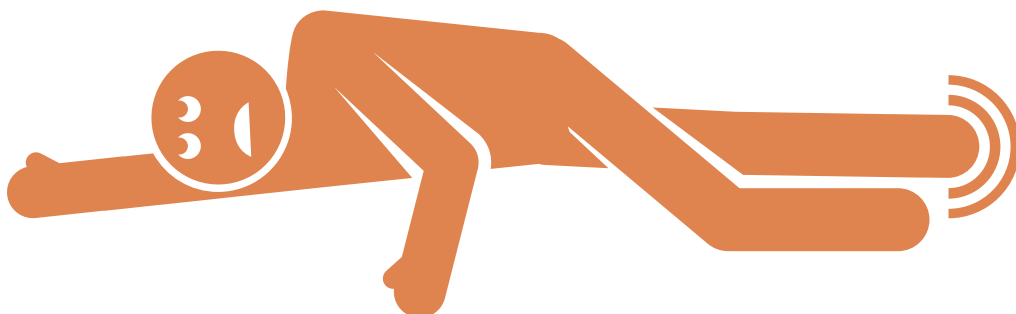


# Emergency Action Plan for Sudden Cardiac Arrest (SCA)

## 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**

Drezner J. Prevention of sudden cardiac death in athletes: progress and pitfalls (2023 John R. Sutton Clinical Lecture). In: Proceedings of the 2023 ACSM Annual Meeting & World Congresses. 2023 May 31 to June 2: Denver (CO).



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