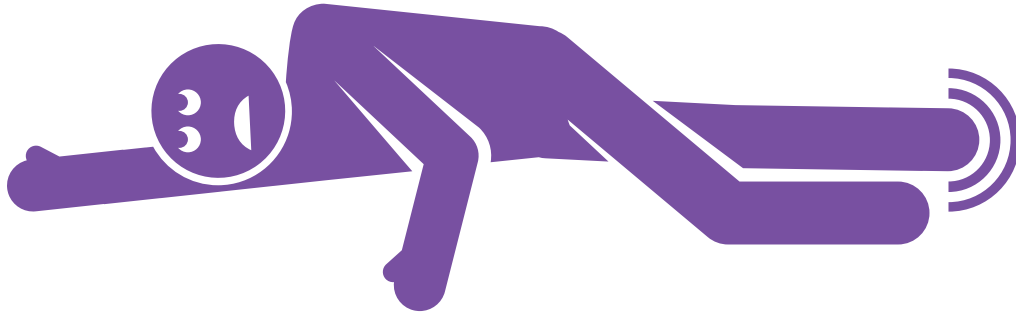


Emergency Action Plan for Sudden Cardiac Arrest (SCA)

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**