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).

