

YOUTH SPORTS SAFETY ALLIANCE™

November 2015 Newsletter

Don't let SCA Sneak Up on You



Photo Credit: racinghearts.net

SCA occurs when an individual's heart suddenly stops beating, usually due to an electrical disturbance. According to the University of Washington School of Medicine, SCA is most commonly found in males, African Americans and basketball players regardless of their race or ethnicity¹. Most individuals don't display clear signs of their heart condition, and may not even know they have one until it's too late. There are precautionary measures that can be taken, such as pre-participation physical exam, conducting an electrocardiogram (EKG) before participating in sports each year, and being aware for any of these signs of an ongoing SCA: unresponsive, not breathing normally, chest pain during exercise, unexplained seizure, loss of pulse. Numerous research has suggested best practices for SCA include timely response with an easily accessible AED, and having trained medical responders covering sporting events.

¹Prevent Sudden Cardiac Arrest in Young Athletes. (2104, August 1). Retrieved February 1, 2015, from <http://uwmedicinehealth.com/article/prevent-sudden-cardiac-arrest-young-athletes>

New AED Grant Program



Youth Sports Safety Alliance member, Sudden Cardiac Arrest Foundation, recently announced their new program, You Can Save a Life at School AED Grant Program. This initiative aims to help both elementary and secondary schools by offering \$500 grants for recertified AEDs. Learn more about the eligibility requirements and recommendations by visiting [here](#).

TAKE ACTION!

Update Your Member Information

Please update your information with our quick and easy [online form](#). This form includes information about YSSA member benefits and will serve as the new enrollment form for future YSSA members.

ARE YOU UP TO THE CHALLENGE? Help the alliance gain support by forwarding the enrollment [form](#) to five like-minded organizations who also advocate for youth athlete safety.

YSSA Member Spotlight



YSSA member, New Hampshire Musculoskeletal Institute (NHMI), created the Safe Sports Network over 20 years ago after one of its founders saw an athletic young man standing outside of a fence watching Manchester Central High School's football tryouts. He asked the young man why he wasn't trying out, to which the young man replied, "Because my family can't afford the physical." Since that point, the Safe Sports Network has provided more than 50,000 hours of onsite medical coverage, and performed approximately 7,5000 free sports physicals. To learn more about the services NHMI/Safe Sports Network provide visit [YSSA](#).

Youth Sports Safety Week in Manchester, NH

November 15th-21st has been declared as Youth Sports Safety Week by the mayor of Manchester, NH. The [Safe Sports Network](#) will be hosting several FREE youth athlete safety events. The events will feature: sports physicals, CPR for coaches, Athletes Saving Athletes™, parent concussion education and concussion testing.

New To YSSA

Please join us in welcoming our newest YSSA members!

[Athletic Revolution of Hendersonville](#)
[CAN Recover Foundation, Inc.](#)
[Healing Addiction in Our Community](#)
[John Taylor Babbitt Foundation](#)
[National Exercise Trainers' Association](#)
[NXTSports](#)
[Patrick Risha CTE Awareness Foundation](#)
[Road Runners Club of America](#)
[Sport Ngin](#)
[The Brain Trauma Foundation](#)
[The Marfan Foundation](#)
[US Club Soccer](#)
[Washington State Youth Soccer Association](#)

Want to be our Next Member Spotlight?

In each newsletter we highlight a YSSA member who is actively advocating for youth sport safety. If your organization would like to be considered, please send a short description of your organization and any recent activity to jessicah@nata.org by December 1, 2015. Goods and services that can be sold are not eligible for feature in the newsletter.

Here's what we are looking for:

- History of your organization
- Community outreach programs
- Upcoming or recently held events
- Any other youth athlete safety initiatives



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