

YOUTH SPORTS SAFETY ALLIANCE

Sudden Cardiac Arrest Month

October is Sudden Cardiac Arrest Awareness Month. Sudden Cardiac Arrest (SCA) arises when the heart suddenly stops beating causing blood flow to the brain and other organs to be cut off. According to the [American Heart Association](#), over 350,000 people suffer from SCA annually. In the United States, over 7000 individuals under the age of 18 suffer from cardiac arrest each year.

According to Alliance member, Project ADAM, there are [five "links"](#) to addressing SCA:

Early recognition of SCA:

- Collapsed and unresponsive
- Gaspings, gurgling, snorting, moaning, or labored breathing
- Seizure-like activity

Early access to 911:

- Confirm unresponsiveness
- Call 911 and follow emergency dispatcher's instructions
- Call any on-site emergency responders

Early CPR:

- Begin CPR immediately

Early defibrillation:

- Immediately retrieve and use an AED as soon as possible to restore the heart to its normal rhythm

Survival rates have shown to decrease by 10% every minute that defibrillation is delayed. AEDs advise users on how to apply to device and whether to administer shock, so they can be used by any bystander. AEDs frequently instruct that the victim be given CPR, so CPR training is still essential.

Early advanced care:

- EMS responders begin advanced life support and transfer to a hospital

YSSA Member Spotlight



Project ADAM began in 1999 after the death of Adam Lemel, a 17-year-old Whitefish Bay, WI, high school student who collapsed and died while playing basketball. Adam suffered a Sudden Cardiac Arrest (SCA), in which ventricular fibrillation occurred, a condition in which the ventricles cannot pump blood into the body. Defibrillation, or an AED, could have saved his life.

Project ADAM began as a grass-roots effort to build awareness about the importance of AEDs and having a response plan to save a life and is now a national program a part of thirteen additional hospital systems across the nation. Our team of Project ADAM coordinators, medical directors and volunteers implement heart safe schools to ensure there is not only an AED device in schools and communities, but trained staff and a practiced plan to respond in a cardiac emergency.

Check out our programs in action as we work with schools to designate them as *Project ADAM Heart Safe Schools!*

- Check out our resources for [implementing Heart Safe Schools](#)
- Learn more about [Sudden Cardiac Arrest](#)
- Find a [Project ADAM affiliate](#) near you
- Learn more about [Adam's](#) story
- ["Like"](#) on facebook!

**HSS**

Sports Safety

From its' founding, [HSS Sports Safety](#) has been committed to providing free public health programming to young athletes, their parents, and their coaches.

While most stakeholders in youth sports are well aware of the scary injury trends in youth sports, few know how to affect any sort of change in these trends. Through our programming, HSS Sports Safety has been able to educate thousands of these stakeholders on how to play a role in reversing the trend.

Athletic trainers understand the value of neuromuscular training in reducing an athlete's risk of injury and improving performance metrics. Plenty of research about the benefits of neuromuscular training exists. Much of this research is based on trained sports medicine clinicians successfully implementing neuromuscular programming. Unfortunately, a vast majority of young athletes have no access to athletic trainers or other sports medicine clinicians to implement these types of training programs.

HSS Sports Safety has found that while many coaches report high levels of intent to implement neuromuscular training programs with their teams, but few have received training on how to do so. Additionally, few athletes have learned to move properly during physical education classes and sport participation. Finally, even fewer parents know how they can contribute to sports safety for their children. Our goal is to teach coaches to teach high quality movement, athletes to perform high quality movement, and parents to reinforce high quality movement. We firmly believe that this educational component is the missing link in reversing injury trends.

The Sports Safety team operates across several platforms, including: large scale public workshops held at major sporting venues in the NY metropolitan area (Giants, Knicks, Liberty, and Nets Training Centers), smaller-scale workshops for community and private organizations, and assisting select organizations with summer camps, weekend, and after-school clinics. In addition to several clinical research studies, we plan to launch a virtual workshop in early 2018 and a professional education course to be offered for sports medicine clinicians in late 2018.

If you would like to be our next member spotlight, please contact:
info@youthsportsafetyalliance.org

New To YSSA

Please join us in welcoming our newest YSSA member!

[Franciscan Health Sports Medicine](#)

YSSA Wants To Know What Members Are Doing!

The Alliance wants to ensure that every member has the resources available to help succeed and network with other members. Please send us a mission statement and update on your organization so that we can better serve you!

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