

**EAST  
STROUDSBURG  
AREA  
SCHOOL  
DISTRICT**

SECTION: PROGRAMS

TITLE: SUDDEN CARDIAC ARREST

ADOPTED: October 15, 2012  
November 16, 2020

**123.2. SUDDEN CARDIAC ARREST**

<p>1. Authority</p> <p>2. Definition</p> <p>3. Delegation of Responsibility</p> <p>4. Guidelines</p>	<p>The Board recognizes the importance of ensuring the safety of students participating in the district’s athletic programs. This policy has been developed to provide guidance for prevention and recognition of sudden cardiac arrest in student athletes.[1]</p> <p><b>Athletic activity</b> shall mean all of the following:[1]</p> <ol style="list-style-type: none"> <li>1. Interscholastic athletics.[2]</li> <li>2. An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with the district, including cheerleading, club-sponsored sports activities and sports activities sponsored by school-affiliated organizations.[3]</li> <li>3. Noncompetitive cheerleading that is sponsored by or associated with the district.[3]</li> <li>4. Practices, interschool practices and scrimmages for all athletic activities, as defined above.[2][3]</li> </ol> <p>Each school year, prior to participation in an athletic activity, every student athlete and their parent/guardian shall sign and return the acknowledgement of receipt and review of the Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet that includes information about electrocardiogram testing.[1]</p> <p>The school may hold an informational meeting prior to the start of each athletic season for all competitors regarding the symptoms and warning signs of sudden cardiac arrest and information about electrocardiogram testing. In addition to the student athletes, such meetings may include parents/guardians, coaches, other appropriate school officials, physicians, cardiologists, and athletic trainers.[1]</p>
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### Removal From Play

A student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, or other official designated by the district, exhibits signs or symptoms of sudden cardiac arrest while participating in an athletic activity shall be removed by the coach from participation at that time.[1]

Any student known to have exhibited signs or symptoms of sudden cardiac arrest prior to or following an athletic activity shall be prevented from participating in athletic activities.[1]

### Return To Play

The coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by a licensed physician, certified registered nurse practitioner or cardiologist.[1]

### Training

All coaches shall annually, prior to coaching an athletic activity, complete the sudden cardiac arrest training course offered by a provider approved by the PA Department of Health. [1]

### Penalties

A coach found in violation of the provisions of this policy related to removal from play and return to play shall be subject to the following minimum penalties:[1]

1. For a **first** violation, suspension from coaching any athletic activity for the remainder of the season.
2. For a **second** violation, suspension from coaching any athletic activity for the remainder of the season and for the next season.
3. For a **third** violation, permanent suspension from coaching any athletic activity.

### References:

1. 24 P.S. 1425
2. Pol. 123
3. Pol. 122
- Pol. 822