

RECOGNIZE TO RECOVER

US SOCCER ATHLETE COLLAPSE GUIDELINES

Non-contact collapse of an athlete, coach, referee or bystander is presumed to be sudden cardiac arrest.

While not common, an immediate and appropriate on-site response with bystander intervention is critical for a potential positive outcome. As part of your emergency action plan (EAP) “hands only CPR” with the use of an (AED) should be incorporated as part of your program. All staff and players should be educated and trained on this skill with access to an automated external defibrillator or AED either on site or within a rapid response by local emergency personnel.

STEP 1 IDENTIFY COLLAPSED INDIVIDUAL

STEP 2 CALL FOR HELP AND CALL 911,
SEND FOR AN AED

STEP 3 START CHEST COMPRESSIONS 100X
A MINUTE IN THE CENTER OF THE
CHEST “PUSH HARD AND FAST”

STEP 4 CONTINUE COMPRESSIONS AND PLACE
PADS OF THE AED (WHEN ARRIVES) AS
SHOWN BY THE DEVICE

STEP 5 THE AED WILL GUIDE YOU (BY VOICE) IF
A SHOCK IS NEEDED OR IF YOU NEED TO
CONTINUE COMPRESSIONS

STEP 6 IF NO AED IS AVAILABLE, CONTINUE
COMPRESSIONS AND SWITCH IF YOU
BECOME TIRED UNTIL EMERGENCY
PERSONNEL ARRIVE

EQUIPMENT

Consider having an **Automated External Defibrillator** or AED on-site. Identify location at the fields for ease of access with sign highlighting the device. If no AED is available, assure Emergency Medical Services (EMS) locally can respond in a rapid response.



RECOGNIZE TO RECOVER U.S. SOCCER CPR AND AED TRAINING

BASIC CARDIAC ARREST/AED STEPS

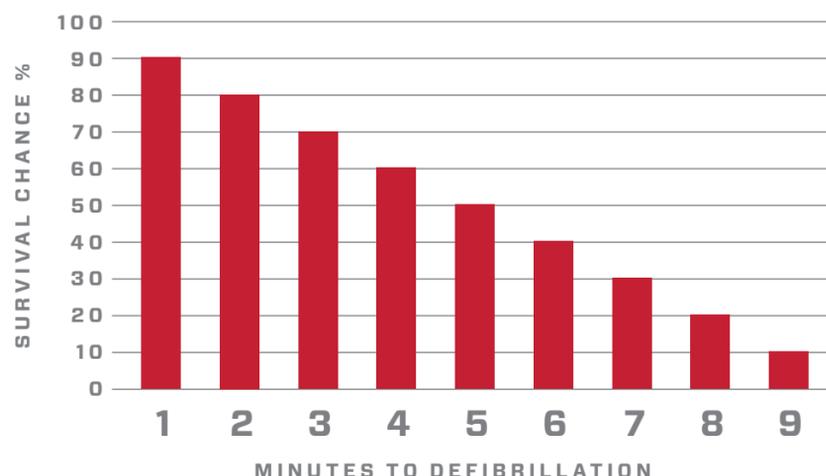
STEP 1 CALL 9-1-1

STEP 2 DO HANDS-ONLY CPR (CHEST COMPRESSIONS)

- Push hard and fast on the chest
- 100 times per minute, 2 inches deep
- The 9-1-1 dispatchers can remind you how to do it if you don't know how

STEP 3 FIND AND USE AN AED (SEND SOMEONE TO FIND ONE)

CHANCE OF SURVIVAL FROM CARDIAC ARREST



TRADITIONAL CPR VS. HANDS-ONLY CPR

TRADITIONAL CPR

1. Gently shake victim to check if conscious
2. Do mouth-to-mouth ventilations
3. Do chest compressions
4. Alternate cycles of mouth-to-mouth ventilations and chest compressions

Hard to remember, perform, teach, requires mouth-to-mouth contact and is useful for victims younger than 12 years old and drowning

HANDS-ONLY CPR

1. CHECK if victim is conscious
2. CALL 9-1-1 if not conscious
3. COMPRESS – Do Hands-Only CPR
4. NO mouth-to-mouth ventilation is needed

Easy to remember, perform, teach, does NOT require mouth-to-mouth contact and is useful for adults and non-drowning victims

AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

An AED

- Restarts the heart with a shock
- Talks to you! And tells you what to do
- Will not deliver an unnecessary shock
- If used correctly, it can save a life
- SAFE and EASY to use

How to use an AED:

1. Open the AED unit
2. Turn the AED unit ON
3. Listen to the voice prompts
4. Take out the Pads
5. Peel the pads off the lining
6. Place the pads on the patient's base skin exactly as shown on each pad
7. Follow the voice instructions



AED TRAINING RECOMMENDATIONS

- Implement a CPR and AED educational training program in your club
- Consider annual training for 10 years old and older
- Show or send the training video to all of the players and coaches
- Follow your state laws on AED requirements
- Consider having an on-site AED that is visible and accessible at all times
- Create a culture of safety around cardiac health