

Written Plan for Bellport Soccer Club – Full Version

Cardiac Emergency Response Plan

Bellport Soccer Club

This Cardiac Emergency Response Plan is adopted by **(Bellport Soccer Club)** effective **(May 2024)**. This plan was reviewed and approved by Medical Director **(Bellport Soccer Club)** on **(May 2024)**.

A cardiac emergency requires immediate action. Cardiac emergencies may arise as a result of a Sudden Cardiac Arrest (SCA) or a heart attack, but can have other causes. SCA occurs when the electrical impulses of the heart malfunction resulting in sudden death.

Signs of Sudden Cardiac Arrest can include one or more of the following:

- Not moving, unresponsive or unconscious, *or*
- Not breathing normally (i.e., may have irregular breathing, gasping or gurgling or may not be breathing at all), *or*
- Seizure or convulsion-like activity.

Note: Those who collapse shortly after being struck in the chest by a firm projectile/direct hit may have SCA from commotio cordis.

The Cardiac Emergency Response Plan of **(Bellport Soccer Club)** shall be as follows:

1. **Developing a Cardiac Emergency Response Team**

- The Cardiac Emergency Response Team shall be comprised of those individuals who have current CPR/AED certification. It will include the school nurse, coaches, and others within the school. It should also include an administrator and office staff who can call 9-1-1 and direct EMS to the location of the SCA.
- Members of the Cardiac Emergency Response Team are identified in the “Cardiac Emergency Response Team” attachment, to be updated yearly and as needed to remain current. One of the members shall be designated as the Cardiac Emergency Response Team Coordinator.
- All members of the Cardiac Emergency Response Team shall receive and maintain nationally recognized training, which includes a certification card with an expiration date of not more than 2 years.
- As many other staff members as reasonably practicable shall receive training.

1. **Activation of Cardiac Emergency Response Team during an identified cardiac emergency**

(a)The members of the Cardiac Emergency Response Team shall be notified immediately when a cardiac emergency is suspected.

(b)The Protocol for responding to a cardiac emergency is described in Section 8 (below) and in the “Protocol for Posting” attachment.

1. **Automated external defibrillators (AEDs) – placement and maintenance**

- Minimum recommended number of AEDs for **(Bellport Soccer Club)**: 1
- Inside blue metal container*– The number of AEDs shall be sufficient to enable the coach's, Managers and Parents or another person to retrieve an AED and deliver it to any location within the athletic complex, ideally within 2 minutes of being notified of a possible cardiac emergency.
- Outside grounds / athletic fields* – The number of AEDs, either stationary or in the possession of an on-site athletic trainer, coach, or other qualified person, shall be sufficient to enable the delivery of an AED to any location outside including any athletic field, ideally within 2 minutes of being notified of a possible cardiac emergency.
- Back-up AEDs* – One or more AEDs shall be held in reserve for use as a replacement for any AED which may be out-of-service for maintenance or other issues. The back-up AED(s) should also be available for use by the school's

athletic teams or other groups traveling to off-site locations.

- e. **(Bellport Soccer Club)** will regularly check and maintain each club-owned AED in accordance with the AED's operating manual and maintain a log of the maintenance activity. The Bellport Soccer Club shall designate a person who will be responsible for verifying equipment readiness and for maintaining maintenance activity.
- f. Additional Resuscitation Equipment: A resuscitation kit shall be connected to the AED carry case. The kit shall contain latex-free gloves, razor, scissors, towel antiseptic wipes and a CPR barrier mask.
- g. AEDs shall not be locked in an office or stored in a location that is not easily and quickly accessible at all times.
- h. AEDs shall be readily accessible for use in responding to a cardiac emergency, during Bellport Soccer Club season Practice and Games, in accordance with this Plan. Each AED shall have one set of defibrillator electrodes connected to the device and one spare set. All AEDs should have clear AED signage so as to be easily identified. Locations of the AEDs are to be listed in the "Cardiac Emergency Response Team" attachment and in the "Protocol for Posting" attachment.

1. Communication of this Plan throughout the athletic field

- a. The Cardiac Emergency Response Protocol shall be *posted* as follows:
 1. All Field locations.
 2. Adjacent to each AED.
 3. Adjacent to each hardline field telephone.
 4. in all other outdoor locations where athletic activities take place.
 5. At other strategic locations, including outdoor physical education and athletic areas.
 6. Attached to all portable AEDs.
- b. The Cardiac Emergency Response Protocol shall be *distributed* to:
 1. All staff and administrators at the start of each season, with updates distributed as made.
 2. All Health Services staff, coaches and team Managers.
 3. All athletic directors, coaches, and applicable advisors at the start of each soccer season and as applicable at the start of the season for each activity, with updates distributed as made.
- c. Results and recommendations from Cardiac Emergency Response Drills performed during the season shall be communicated to all staff and administrative personnel. See paragraph 5(b) below.
- d. A copy of this Cardiac Emergency Response Plan shall be provided to any organization affiliated with the Bellport Soccer Club/ Teams using Martha Ave athletic complex for Soccer Training or scheduled Games. A signed acknowledgment of the receipt of this Plan and the Protocol by any outside team will be kept near AED unit in container. Any outside organization using the Fields shall agree upon a modified Cardiac Emergency Response Plan. The modified Plan shall take into consideration the nature and extent of the use and shall meet the spirit and intent of this Plan which is to ensure that preparations are made to enable a quick and effective response to a cardiac emergency on school property.

1. Training in Cardiopulmonary Resuscitation (CPR) and AED Use

- a. Staff Training:
2. In addition a sufficient number of coaches, managers and parents shall be trained in cardiopulmonary resuscitation (CPR) and in the use of an AED to enable **(Bellport Soccer Club)** to carry out this Plan. (It is recommended that at a minimum, at least 10% of staff, 50% of coaches, and 50% of physical education staff should have current CPR/AED certification.) Training shall be renewed at least every two years. The Bellport Soccer Club shall designate the person responsible for coordinating staff training as well as the medical contact for soccer club based AEDs, if available.
3. Training shall be provided by an instructor, who may be a club staff member, currently certified by a nationally-recognized organization to conform to current American Heart Association guidelines for teaching CPR and/or Emergency Cardiac Care (ECC).
4. Training may be traditional classroom, on-line or blended instruction but should include cognitive learning, hands-on practice and testing.

1. **Local Emergency Medical Services (EMS) integration with the Bellport Soccer clubs plan**

- a. **(Bellport Soccer Club)** shall provide a copy of this Plan to local emergency response and dispatch agencies (e.g., the 9-1-1 response system), which may include local police and fire departments and local Emergency Medical Services (EMS).
- b. The development and implementation of the Cardiac Emergency Response Plan shall be coordinated with the local EMS Agency, campus safety officials, on-site first responders, administrators, athletic trainers, and other members of the school and/or community medical team.
- c. **(Bellport Soccer Club)** shall work with local emergency response agencies to 1) coordinate this Plan with the local emergency response system and 2) to inform local emergency response system of the number and location of on-site AEDs.

1. **Annual review and evaluation of the Plan**

(Bellport Soccer Club) shall conduct an annual internal review. The annual review should focus on ways to improve the Bellport Soccer Clubs response process, to include:

- a. *A post-event review* following an event. This includes review of existing school-based documentation for any identified cardiac emergency that occurred on the school campus or at any off-campus school-sanctioned function. The Bellport Soccer Club shall designate the person who will be responsible for establishing the documentation process.

Post-event documentation and action shall include the following:

1. A contact list of individuals to be notified in case of a cardiac emergency.
2. Determine the procedures for the release of information regarding the cardiac emergency.
3. Date, time and location of the cardiac emergency and the steps taken to respond to the cardiac emergency.
4. The identification of the person(s) who responded to the emergency.
5. The outcome of the cardiac emergency. This shall include but not be limited to a summary of the presumed medical condition of the person who experienced the cardiac emergency to the extent that the information is publicly available. Personal identifiers should not be collected unless the information is publicly available.
6. An evaluation of whether the Plan was sufficient to enable an appropriate response to the specific cardiac emergency. The review shall include recommendations for improvements in the Plan and in its implementation if the Plan was not optimally suited for the specific incident. The post-event review may include discussions with medical personnel (ideally through the clubs medical counsel) to help in the debriefing process and to address any concerns regarding on-site medical management and coordination.
7. An evaluation of the debriefing process for responders and post-event support. This shall include the identification of aftercare services including aftercare services and crisis counselors.
- h. A review of the documentation for all Cardiac Emergency Response Drills performed during the school year. Consider pre-established Drill report forms to be completed by all responders.
- i. A determination, at least annually, as to whether or not additions, changes or modifications to the Plan are needed. Reasons for a change in the Plan may result from a change in established guidelines, an internal review following an actual cardiac emergency, or from changes in school facilities, equipment, processes, technology, administration, or personnel.

1. **Protocol for Sport Field Cardiac Emergency Responders**

(Bellport soccer club)

Cardiac Emergency Response Team PROTOCOL For All Bellport Soccer teams

Sudden cardiac arrest events can vary greatly. Faculty, staff and Cardiac Emergency Response Team (CERT) members must be prepared to perform the duties outlined below. Immediate action is crucial in order to successfully respond to a cardiac emergency. Consideration should be given to obtaining on-site ambulance coverage for high-risk athletic events. The school should also identify the closest appropriate medical facility that is equipped in advanced cardiac care.

Follow these steps in responding to a suspected cardiac emergency:

(a) Recognize the following signs of sudden cardiac arrest and take action in the event of one or more of the following:

- The person is not moving, or is unresponsive, or appears to be unconscious.
- The person is not breathing normally (has irregular breaths, gasping or gurgling, or is not breathing at all).
- The person appears to be having a seizure or is experiencing convulsion-like activity. (Cardiac arrest victims commonly appear to be having convulsions).
- *Note:* If the person received a blunt blow to the chest, this can cause cardiac arrest, a condition called commotio cordis. The person may have the signs of cardiac arrest described above and is treated the same.

(b) Facilitate immediate access to professional medical help:

- Call 9-1-1 as soon as you suspect a sudden cardiac arrest. Provide the school address, cross streets, and patient condition. Remain on the phone with 9-1-1. (Bring your mobile phone to the patient's side, if possible.) Give the exact location and provide the recommended route for ambulances to enter and exit. Facilitate access to the victim for arriving Emergency Medical Service (EMS) personnel.
- Immediately contact the members of the Cardiac Emergency Response Team.
 - Give the exact location of the emergency. ("Mr. /Coach. ___ at field, field # ___, soccer field game/practice, parking lot, etc."). Be sure to let EMS know which field to respond to. Assign someone to go to the road to wait for and flag down EMS responders and escort them to the exact location of the patient.
- If you are a CERT member, proceed immediately to the scene of the cardiac emergency.
 - The closest team member should retrieve the automated external defibrillator (AED) en route to the scene and leave the AED cabinet door open; the alarm typically signals the AED was taken for use.
 - Acquire AED supplies such as scissors, a razor and a towel and consider an extra set of AED pads. All within the AED unit.

(c) Start CPR:

- Begin continuous chest compressions and have someone retrieve the AED.
- Here's how:
 - Press hard and fast in center of chest. Goal is 100 compressions per minute. (Faster than once per second, but slower than twice per second.)
 - Use 2 hands: The heel of one hand and the other hand on top (or one hand for children under 8 years old), pushing to a depth of 2 inches (or 1/3rd the depth of the chest for children under 8 years old).
 - Follow the 9-1-1 dispatcher's instructions, if provided.

a. Use the nearest AED:

- When the AED is brought to the patient's side, press the power-on button, and attach the pads to the patient as shown in the diagram on the pads. Then follow the AED's audio and visual instructions. If the person needs to be shocked to restore a normal heart rhythm, the AED will deliver one or more shocks.
 - *Note:* The AED will only deliver shocks if needed; if no shock is needed, no shock will be delivered.
- Continue CPR until the patient is responsive or a professional responder arrives and takes over.

a. Transition care to EMS:

- Transition care to EMS upon arrival so that they can provide advanced life support.

a. **Action to be taken by Office / Administrative Staff:**

- Confirm the exact location and the condition of the patient.
- Activate the Cardiac Emergency Response Team and give the exact location if not already done.
- Confirm that the Cardiac Emergency Response Team has responded.
- Confirm that 9-1-1 was called. If not, call 9-1-1 immediately.
- Assign a staff member to direct EMS to the scene.
- Perform "Crowd Control" – directing others away from the scene.
- Notify other staff: EMS on site, athletic trainer, athletic director, etc.
- Ensure that medical coverage continues to be provided at the athletic event if on-site medical staff accompanies the victim to the hospital.
- Consider delaying dismissal, or other changes to facilitate CPR and EMS functions.
- Designate people to cover the duties of the CPR responders.
- Copy the patient's emergency information for EMS.
- Notify the patient's emergency contact (parent/guardian, spouse, etc.).
- Notify staff and students when to return to the normal schedule.
- Contact soccer club administration.

Field AED Location Information

Bellport Soccer Club, 900 Martha Ave, Tony Gazzola park, Brookhaven NY 11719 __

Cross Streets: Bellport Ave. , Bellport NY 11713

AED Location: inside Martha Ave. , in the Blue Container west side of parking lot. Map enclosed in this plan with location Marker Key.

(Bellport soccer club)

CARDIAC EMERGENCY RESPONSE TEAM PROTOCOL

Simplified Adult BLS

