## Prevention and Treatment of Sudden Cardiac Arrest

The Board adopts the guidelines and other pertinent information and forms developed by the Tennessee Department of Health (TDOH) to inform and educate coaches, school administrators, student athletes, and parents and guardians of the nature, risk and symptoms of sudden cardiac arrest. These guidelines and materials shall be made available to interested parties through the Central Office and include, but are not limited to, the sudden cardiac arrest information sheet and medical clearance forms approved by the TDOH and referenced in this policy.

This policy shall govern all activities and those individuals involved in those activities which constitute an organized athletic game or competition against another team or in practice or preparation for an organized game or competition. It does not govern those activities or individuals involved in those activities which are entered into for instructional purposes only or those that are incidental to a nonathletic program or lesson.

### REQUIRED TRAINING

Each school’s athletic director and coaches, whether employed or volunteer, are required, annually, to complete the *National Federation of State High School Associations Elective Course – Sudden Cardiac Arrest* online course.

Prior to the annual initiation of practice or competition, the following persons must review and sign a sudden cardiac arrest information sheet: each school athletic director, appointed licensed healthcare professionals, and each coach, whether employed or volunteer.

Prior to the annual initiation of practice or competition, all student athletes and/or their parent(s) or guardian(s) shall review and sign a sudden cardiac arrest information sheet. The form shall be signed and returned by the student athlete if the athlete is eighteen (18) years of age or older; or by the student athlete’s parent(s) or guardian(s), for athletes younger than eighteen (18) years of age.

All documentation of the completion of a sudden cardiac arrest education course program and signed sudden cardiac arrest information sheets shall be maintained for a period of three (3) years.

### Removal from Athletics

Any student athlete who shows signs, symptoms and/or behaviors consistent with sudden cardiac arrest during or after an athletic activity or competition shall be immediately removed for evaluation by a licensed healthcare professional, if available, and if not, by a coach or other designated individuals. Signs, symptoms and/or behaviors include, but are not limited to: passing out; fainting; unexplained shortness of breath; chest pains; dizziness; racing heart rate; and extreme fatigue.

Student athletes who have been removed from an athletic activity or competition shall not return to any supervised team activities involving physical exertion, including games, competitions, or practices, until the student athlete has been evaluated by and received appropriate written clearance from a licensed health care provider for a full or graduated return.
Legal References

1. Public Acts of 2015, Chapter No. 325

Cross References