

## **Sudden Cardiac Arrest/ Concussion Policy**

This policy is in place to conform with the law regarding sudden cardiac arrest in youth athletics. If a player exhibits any signs of sudden cardiac arrest they are to be removed from the playing area immediately, and held out of all activity until a signed letter from a physician clears them with a copy provided to the Amity AC Board of Directors. Amity AC has two AED units (automatic defibrillators) at our complex. One is in the pool office and the other is in the storage room above the upper snack bar. ( stadium field, combination to lock is 1482). Directions for use are with the AED units. If any player demonstrates signs of sudden cardiac arrest, 911 is to be called immediately. Those signs may include: chest pain, (pain radiating to the neck, shoulder, or abdomen which is sharp and stabbing and it worsened by deep breathing), difficulty breathing, fainting or light headedness, pale or blue skin, heart palpitations, rapid breathing, dizziness, drowsiness, and a weak or absent pulse may be exhibited.

### **Concussion :**

Any player suspected of sustaining a concussion is to be removed from play immediately. That player may not return to any activity until a signed letter is received from the treating physician with a copy provided to the Amity AC Board of Directors. A concussion may be sustained by a blow to the head or falling. Signs to be alerted to include: a change in level of alertness, extreme sleepiness, bad headache, confusion, repeated vomiting, and or seizures.

These policies are set to insure the safety of our youth participants. As with any significant injury, an accident/incident report is to be filled out within 24 hours. If one of these situations were to occur, the chair of that sport is to be notified immediately along with the President of Amity Township Athletic Club, Inc.