

Player Health and Safety

Sudden Cardiac Arrest

Sudden Cardiac Arrest (SCA) is when the heart stops beating suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth each year, as it is the #1 killer of student athletes and the leading cause of death on school campuses.

SBSC uses a course provided by the National Federation of High Schools ("NFHS").

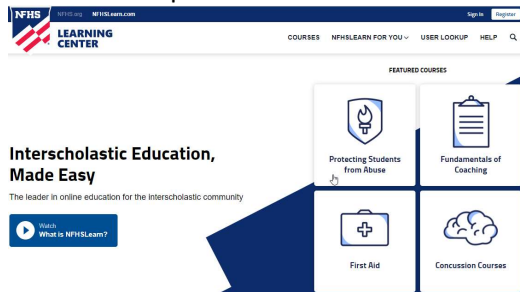
Contact SBSC's Registrar or President to receive a link to the course. NFHS will send you an email with a link to your course. The course takes about 20-30 minutes to complete. After completing the course, save the certificate and email to SBSC's Registrar.

A Spanish track is also available for this course.

You may also go directly to the NFHS site to take the course. See instructions below.

<https://nfhslearn.com/courses/sudden-cardiac-arrest>

- 1) Individuals, i.e. Head Coaches and Referees, that will be obtaining a Coaching License or Referee Certification in U.S. Soccer's Learning Center (LC) will meet this requirement in those courses.
- 2) Go to the URL provided above.



- 3) On the Top right corner Select:
 - a) Sign in
 - i) Provide your Username
 - ii) Provide Password
 - iii) If you forgot the Username call Cal South
 - b) Register
 - i) If you are new to the Learning Center provide the information to create an account.
 - ii) Recommended to use email address as the username
 - iii) When registering type in CAL SOUTH for School / Organization Name
- 4) Individual must Register or Sign in the "NFHSLearn".
- 5) ***Sudden Cardiac Arrest (SCA)*** Course is a Free course
- 6) Complete the course and save the certificate as an image file.
- 7) Provide your League/Club the certificate to upload to respective profile and verify.