

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.

