

While rare, **sudden cardiac arrest (SCA)** is the **#1 medical cause of death** in young athletes.

If you're a parent of a young athlete:

SCA happens when the heart suddenly stops beating



Tell your child's doctor about any sudden or unexplained deaths in your family.



Find the nearest automated external defibrillator (AED) where your child plays sports.



Make sure there's an emergency plan for athletes.

SCA often happens in young people who **don't know they have a heart problem**

Parents and coaches:



Speak up if you notice an athlete having problems exercising.



Know the warning signs, for example, passing out, dizziness, chest pain, shortness of breath, seizures.

For more information, visit [CardioSmart.org/Sports](https://www.cardiosmart.org/Sports)

@ACCinTouch #CardioSmart

