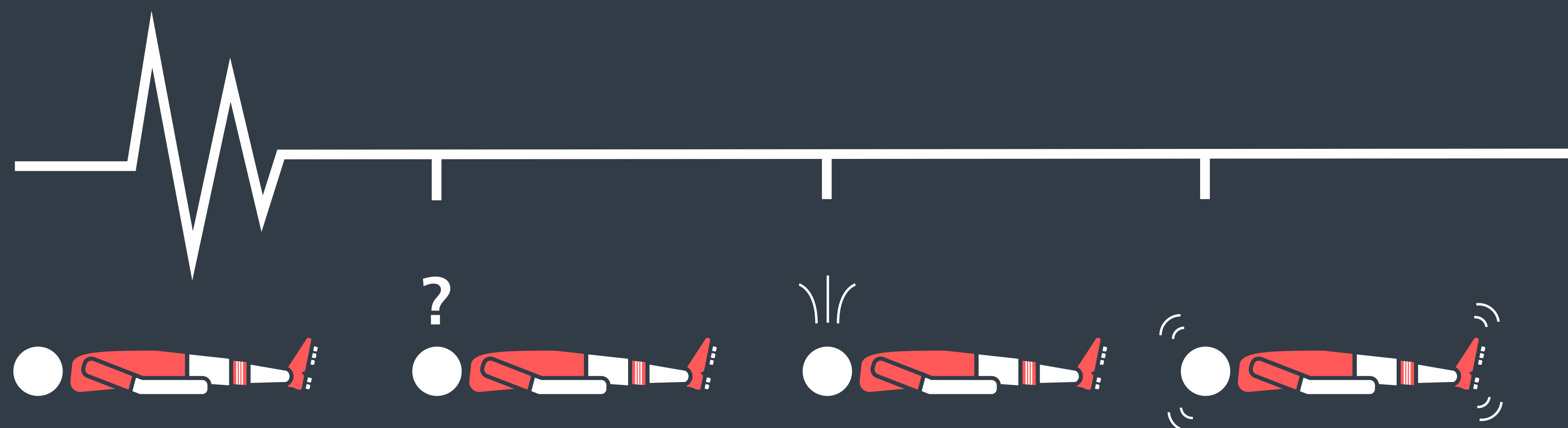


SUDDEN CARDIAC ARREST



Anyone, anytime, anywhere!

Sudden cardiac arrest (SCA) strikes without warning. The heart suddenly and unexpectedly stops beating. SCA strikes indiscriminately; anyone, even when they appear healthy, can be affected anytime, anywhere.



The first sign

A player collapses on the pitch but there has been no contact with another player

Unresponsive

The player is unconscious and unresponsive

Breathing

Ignore breathing signs, whether normal, abnormal or absent; a player may be suffering a SCA even if they are breathing normally

Seizure

Even if they are showing signs of a seizure a player may be suffering a SCA

EMERGENCY STEPS



Act fast

- If the touchline medical team responds to a player suffering a SCA with AED and defibrillation within **two minutes** of the collapse, their chance of survival can improve to **100%***
- Know how to **recognise, respond** and **resuscitate** on the pitch

Prevention

- Every club/stadium should have an AED which should be by or close to the pitch for all matches and training sessions – make sure you know where it is!
- All players should undergo medical assessments and have annual medical check-ups
- Create and practise a medical action plan for SCA for every match
- Take a CPR class if possible so you know how to resuscitate a player if they have a SCA
- Medical staff should closely monitor players' health to ensure that players do not participate in training or matches when they are experiencing a virus or infection



*The European Resuscitation Council (ERC)

For more information visit [FIFA.com/Sudden-Cardiac-Arrest](https://www.fifa.com/Sudden-Cardiac-Arrest) or contact your local member association or health centre.

All recommendations outlined in this poster are intended for use in FIFA tournaments only and do not constitute, and are not intended to constitute, a standard of medical care. These recommendations are not intended to be a substitute for the clinical judgment of the treating medical staff and should be interpreted based on the individual needs of the patient and the specific facts and circumstances presented.

FIFA