## Georgia High School Association Student/Parent Sudden Cardiac Arrest Awareness Form

SCHOOL:		
1: Learn the Early Warning Signs		
If you or your child has had one or more of thes	se signs, see your primary care	e physician:
<ul> <li>clocks or ringing phones</li> <li>Unusual chest pain or shortness of brea</li> <li>Family members who had sudden, unex</li> <li>Family members who have been diagnot cardiomyopathy (HCM) or Long QT synthesis</li> </ul>	oth during exercise explained and unexpected deat osed with a condition that can drome	in response to loud sounds like doorbells, alarm th before age 50 cause sudden cardiac death, such as hypertrophic r in response to loud sounds like doorbells, alarm
2: Learn to Recognize Sudden Cardiac Arrest		
If you see someone collapse, assume he has ex unresponsive, gasping or not breathing normall You <u>cannot</u> hurt him.		est and respond quickly. This victim will be g (Seizure like activity). Send for help and start CPR.
3: Learn Hands-Only CPR		
Effective CPR saves lives by circulating blood to important life skills you can learn – and it's easi		ans until rescue teams arrive. It is one of the most
breastbone, one on top of the other, el times/minute, to the beat of the song "	chest. Kneel at the victim's si bows straight and locked. Pu 'Stayin' Alive." AED) is available, open it and	de, place your hands on the lower half of the sh down 2 inches, then up 2 inches, at a rate of 100 follow the voice prompts. It will lead you step-by-t need a shock.
of sudden cardiac arrest and this signed sudd	rest form to the other sports den cardiac arrest form will r	that my child may play. I am aware of the danger epresent myself and my child during the 2023-202 and other accompanying forms required by the
I HAVE READ THIS FORM AND I UNDERSTAND	O THE FACTS PRESENTED IN IT	School System.
Student Name (Printed)	Student Name (Signed)	Date

Parent Name (Signed)

Parent Name (Printed)

(Revised: 3/23)

Date