



Cardiac Emergency Response Plan Sports Checklist

The American Heart Association (AHA) wants all coaches, athletes and parents to learn First Aid, CPR and AED to create the next Generation of Heartsavers® prepared to act in an emergency, putting more qualified lifesavers on our sports facilities and fields in communities.

About 9 in 10 cardiac arrest victims who receive a shock from an AED in the first minute live. During cardiac arrest, CPR can double or triple a person's chance of survival.

It is imperative for sports events and facilities to establish a Cardiac Emergency Response Plan (CERP). The following checklist contains the minimum steps to include in your plan:

- Establish a Cardiac Emergency Response (CERP) Plan and Team.
- Share** the CERP at your sports facility site. Ensure the plan is integrated with local emergency medical services, fire and police (if applicable). Post the CERP in key locations throughout the sports facility.
- Implement Automated External Defibrillator (AED) placement and a routine maintenance schedule within the sports facilities (similar to fire-extinguisher protocols).
- Schedule and maintain ongoing sports facility staff First Aid, CPR and AED training
- Educate as many people as possible at the sports facilities in Hands-Only CPR (which can be used for teens and adults). If feasible, include information on rescue breathing and/or conventional CPR.
- Practice** the CERP plan using routine drills for indoor and outdoor sports facilities (similar to fire and lock-down drills)
- Activate** the CERP Team in response to a Sudden Cardiac Arrest (SCA)
- Review and evaluate the plan on a consistent annual basis. If an SCA event occurs, debrief immediately post-event to identify opportunities for improvement.
- Download the detailed AHA [CERP](#) implementation plan information



Share



Practice



Activate