



QUESTIONS

1.

WHAT IS SCA?

Sudden Cardiac Arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this occurs blood stops flowing to the brain and other organs.

2.

HOW COMMON IS SCA?

About 2,000 patients under the age of 25 die of SCA each year.

3.

WHAT ARE THE WARNING SIGNS?

Symptoms include: dizziness, lightheadedness, shortness of breath, difficulty breathing, racing or fluttering heartbeat (palpitations) fainting, fatigue, weakness, nausea, vomiting, chest pains.

FOR MORE INFO

The information provided here is intended to raise awareness about SCA and Act 59. It is not intended to diagnose or make recommendations in regard to SCA or other medical conditions. More information can be found by clicking the following link:

[PA Department of Health](#)

All information referenced from:

[PA Department of Health](#)

Act 59 of 2012

Sudden Cardiac Arrest Prevention

What is Act 59?

- Act 59 of 2012 creates the Sudden Cardiac Arrest Prevention Act, which requires any student athlete who exhibits signs or symptoms of sudden cardiac arrest to obtain clearance by a licensed physician, certified nurse practitioner or cardiologist before being allowed to resume playing sports.
- All coaches must undergo annual training on sudden cardiac arrest. School directors would be required to impose penalties on coaches who fail to prevent a student athlete who exhibits sudden cardiac arrest from participating in an athletic activity.

Definitions

“Athletic Activity” includes:

- Interscholastic athletics
- An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with a school entity, including cheerleading, club-sponsored sports activities and sports activities sponsored by school-affiliated organizations.

- Non-competitive cheerleading that is sponsored by or associated with a school entity
- Practices, interscholastic practices and scrimmages.

The Removal of Players from Competition

- This Act gives the game official, coach from the student’s team, licensed athletic trainer, licensed physician or other official designated by the school the opportunity to remove an athlete from a game to be examined by an appropriate medical professional to determine if the athlete experiences any signs or symptoms of sudden cardiac arrest.