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## District Superintendents of BOCES

CPR and AED use, assure that AED equipment is provided in an instructional facility where students are present and during any school-sponsored athletic contest or school-sponsored competitive athletic event held at any location. Schools are encouraged to plan for these emergencies and develop protocols and communication plans recommended in [Managing Emergency Health Care and Communicable Diseases in the School Setting, October 2022](#).

Although SCA is rare<sup>2</sup> -- the incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000 -- there are steps parents/guardians and school personnel can take to identify students who may be at risk and help to identify students exhibiting signs or

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- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or “recreational” drugs.<sup>5</sup>
- Elevated blood pressure or cholesterol.
- History of health care provider ordered test(s) for heart related issues.
- Family History Risk Factors:
  - Family history of known heart abnormalities or sudden death before 50 years of age
  - Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
  - Structural heart abnormality, repaired or unrepaired
  - Any relative diagnosed with the following conditions:
    - Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
    - Arrhythmogenic Right Ventricular Cardiomyopathy
    - Heart rhythm problems, long or short QT interval
    - Brugada Syndrome
    - Catecholaminergic Ventricular Tachycardia
    - Marfan Syndrome- aortic rupture
    - Heart attack at 50 years or younger
    - Pacemaker or implanted cardiac defibrillator (ICD)

Any student with such signs or symptoms, family history or personal risk factors should be evaluated by a health care provider.

[First Aid and CPR/AED Requirement \(nysed.gov\)](#) for coaches include this mandatory content.

For questions, please contact the Office of Student Support Services at [studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov) or 518-486-6090.