

ROSEVILLE CITY SCHOOL DISTRICT
Sudden Cardiac Arrest Information for Athletics

Middle School Athletics — Information for Student-Athletes and Families

Sudden cardiac arrest (SCA) occurs when the heart suddenly stops pumping blood effectively, usually because of an electrical problem in the heart. Blood flow to the brain and other vital organs stops. SCA is a medical emergency and is different from a heart attack.

Warning Signs and Symptoms

- Fainting or passing out during or immediately after exercise
- Seizure during exercise
- Unexplained shortness of breath
- Chest pain or discomfort
- Dizziness or repeated lightheadedness
- Racing, fluttering, or irregular heartbeat
- Extreme or unusual fatigue during or after exercise

Report Symptoms — Do Not Ignore Them

Student-athletes should immediately tell a coach, parent/guardian, nurse, school employee, or other responsible adult if they experience a warning sign during or after exercise. Athletes should not try to “push through” fainting, chest pain, unusual shortness of breath, dizziness, a racing heartbeat, or extreme fatigue. Families should share known heart conditions or concerning personal or family cardiac history with the student’s health care provider.

If a Student Collapses

Treat an unresponsive collapse as an emergency. Call 911, begin CPR if needed, and use an automated external defibrillator (AED) as soon as one is available. Follow emergency-dispatcher and AED instructions.

California Removal and Return-to-Play Requirements

Under the Eric Paredes Sudden Cardiac Arrest Prevention Act, a student who passes out or faints while participating in, or immediately following, an athletic activity must be removed from participation. Other symptoms that may be cardiac-related must also be taken seriously and may require removal and medical evaluation. A student removed under the law may not return until evaluated and cleared in writing by a physician and surgeon, or by a nurse practitioner or physician assistant practicing in accordance with applicable California requirements.

Annual Review and Acknowledgment

The California Education Code requires that sudden cardiac arrest information be reviewed each school year before participation in covered school athletic activities. The student and parent/guardian must acknowledge receipt and review of the state information. RCSD includes this acknowledgment in its Athletic Participation Agreement & Clearance.

Sources

[CDE SCA Prevention](#) | [CDE SCA Information Form](#) | [CA Education Code § 33479.3](#) | [CA Education Code § 33479.5](#)

For educational and athletic safety purposes, this does not replace evaluation or advice from a qualified health care provider.