A Fact Sheet for Youth Sports Parents

This sheet has information to help protect your children or teens from Sudden Cardiac Arrest

To learn more, go to KeepTheirHeartInTheGame.org

Get free tools to help create a culture of prevention at home, in school, on the field and at the doctor's office.

Discuss the warning signs of a possible heart condition with your child or teen and have each person sign below.

Detach this section below and return to your sports organization. Keep the fact sheet to use at your kids' games and practices to help protect them from Sudden Cardiac Arrest.

I learned about warning signs and talked with my parent or coach about what to do if I have any symptoms.

ATHLETE NAME PRINTED						ATHLETE SIGNATURE									DATE					

I have read this fact sheet on sudden cardiac arrest prevention with my youth and talked about what to do if they experience any warning signs, and what to do should we witness a cardiac arrest.

PARENT OR LEGAL GUARDIAN PRINTED

PARENT OR LEGAL GUARDIAN SIGNATURE

DATE

EGAME

While missing a game may be inconvenient, it would be a tragedy to lose a young athlete because warning signs were unrecognized or because sports communities were not prepared to respond to a cardiac emergency.

Keep Their Heart In the Game!

