



PRE-EVENT MEDICAL TIMEOUT

ATTENTION:

Parents and Coaches of Athletes
Be Prepared for a Cardiac Emergency!

We recommend that prior to the start of any sports game or event while the game officials are already meeting with the coaches and team captains to review the game rules, they also include a brief review of what to do in a medical emergency. This simple action would include answering three potentially life-saving questions:

- (1) Where is the AED?
- (2) Who starts CPR?
- (3) Who calls 911?

This will minimize the delay in providing the immediate and appropriate care knowing that every minute counts in saving a life from sudden cardiac arrest. We created this Pre-Event Medical Timeout card that we are happy to share with you.

Please contact Project ADAM New York and we will send you a template. All you need to do is print, add your local emergency numbers, laminate and attach to a gym bag or first aid kit. We have templates in multiple sizes from business card size to a wall mount size.





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Pre-Event Medical Timeout

Prior to the start of the game, coaches, trainers, team captains, game officials and EMS meet to review:

Emergency Steps

Who calls 911?

Where is the AED?

Who starts CPR/Uses AED?

Where is the first aid kit?

Emergency Numbers

911 ***GIVE EXACT LOCATION***