

# RECOGNIZE TO RECOVER

## US SOCCER ATHLETE COLLAPSE GUIDELINES

**Non-contact collapse of an athlete, coach, referee or bystander is presumed to be sudden cardiac arrest.**

While not common, an immediate and appropriate on-site response with bystander intervention is critical for a potential positive outcome. As part of your emergency action plan (EAP) “hands only CPR” with the use of an (AED) should be incorporated as part of your program. All staff and players should be educated and trained on this skill with access to an automated external defibrillator or AED either on site or within a rapid response by local emergency personnel.

**STEP 1** IDENTIFY COLLAPSED INDIVIDUAL

**STEP 2** CALL FOR HELP AND CALL 911,  
SEND FOR AN AED

**STEP 3** START CHEST COMPRESSIONS 100X  
A MINUTE IN THE CENTER OF THE  
CHEST “PUSH HARD AND FAST”

**STEP 4** CONTINUE COMPRESSIONS AND PLACE  
PADS OF THE AED (WHEN ARRIVES) AS  
SHOWN BY THE DEVICE

**STEP 5** THE AED WILL GUIDE YOU (BY VOICE) IF  
A SHOCK IS NEEDED OR IF YOU NEED TO  
CONTINUE COMPRESSIONS

**STEP 6** IF NO AED IS AVAILABLE, CONTINUE  
COMPRESSIONS AND SWITCH IF YOU  
BECOME TIRED UNTIL EMERGENCY  
PERSONNEL ARRIVE

### EQUIPMENT

Consider having an **Automated External Defibrillator** or AED on-site. Identify location at the fields for ease of access with sign highlighting the device. If no AED is available, assure Emergency Medical Services (EMS) locally can respond in a rapid response.

