

## Emergency Medical Conditions

The following information can be placed under the “Emergency Medical conditions tab”:

### The Most Common Causes of Sports Related Death

According to the experts, the top causes of sudden death in sport are Sudden Cardiac Arrest, Exertional Heat Stroke (EHS), head injuries and exertional sickling. This page further defines each and emphasizes our Duval County Public Schools (DCPS) approach to maximizing safety in these areas.

All sudden death cannot be prevented; however, working together with our schools, parents, coaches and medical teams, we can save lives.

**Sudden Cardiac Arrest:** Sudden Cardiac Arrest (SCA) occurs when the heart stops beating, abruptly and without warning. If this happens, blood stops flowing to the brain and other vital organs.

**Exertional Heat Stroke:** Exertional heat stroke is the second leading cause of sport related death. This occurs when the body’s temperature regulatory system becomes overwhelmed. The body’s core temperature rises above an extremely dangerous 104-degree threshold. Organ system failure occurs due to the extreme temperature.

What we are doing in DCPS:

1. Coaches are encouraged to discuss the importance of proper hydration with their athletes
2. Coaches follow FHSAA guidelines for heat acclimatization
3. Athletic trainers create emergency action plans and rehearse them with coaches to expedite care in the event of emergency
4. Policies are in place for monitoring the heat and immediate rapid cooling in the event of heat injury
5. All athletes required to have a pre-participation physical exam
6. All coaches CPR/AED certified
7. All coaches must watch approved video on sudden cardiac arrest
8. At least one AED device available on each high school and middle school campus
9. Athletic trainers create emergency action plans and rehearse them with coaches to expedite care in the event of emergency

[What happens when you get heat stroke?](#)