

# Cardiac Emergency Response Plan Quick-Start Guide

## Be Prepared to Prevent Sudden Cardiac Death at Your School

Sudden Cardiac Arrest (SCA) is the leading cause of death on school campuses, and the #1 killer of student athletes. That's why it's critical for your school to have a written and well-practiced Cardiac Emergency Response Plan (CERP). Created by a national task force of health and safety organizations, a CERP is a vital step towards sudden cardiac death prevention.

### STEP 1

#### Appoint a Cardiac Emergency Response Team

The onsite team helps document the plan, conduct drills and be the first responders.

**Use the toolkit to:**

- Identify team members who are/will be CPR/AED certified
- Review recommended guidelines for overall staff training

### STEP 2

#### Document Emergency Response Plan

Include CERP in your school/district EAP, School Improvement Plan or Safe School Environment

**Use the toolkit to:**

- Personalize the plan to document the exact emergency action relevant to your school.
- Evaluate your plan annually

### STEP 3

#### Install & Maintain AEDs Properly

AEDs must be properly installed and never locked away—always accessible.

**Use the toolkit to:**

- Properly install AED and register with manufacturer and EMS
- Establish protocol to conduct monthly checks & keep batteries and pads current

### STEP 4

#### Conduct Life-Saving Drills

CERPs only work if you practice them. Test your team's readiness and your plan's effectiveness.

**Use this toolkit to:**

- Plan your annual cardiac emergency drill (like fire drills) & involve local EMS
- Evaluate your drills and make improvements

### STEP 5

#### Share Plan With School Community

Educate students, parents, staff, coaches and facility users how they can be prepared to save a life.

**Use this toolkit to:**

- Send notices to your school community about SCA awareness and your CERP
- Circulate and post AED location throughout school community

Visit [HeartForAthletes.org](https://HeartForAthletes.org) for free resources, posters and videos to help prevent sudden cardiac arrest in youth.

For a complimentary orientation with your school staff on how to get started implementing the CERP, contact [info@heartforathletes.org](mailto:info@heartforathletes.org).

