

August 2022

Dear Parents/Guardians,

As we prepare to begin the 2022-2023 school year, I have some important medical information to share with you.

The Dominic Murray Sudden Cardiac Arrest Prevention Act is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians to have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare.

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment, death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools are required to have a staff member trained in the use of CPR and AED at all school/athletic events.

Preventing SCA before it happens is the best way to save a life. It's important to know your family history and have a conversation with your student to see if he/she is experiencing any of the symptoms listed below. Please be sure to inform your healthcare provider if any of these risk factors are present.

The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise or with excitement or when startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

Student's Personal Risk Factors are:

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs
- Elevated blood pressure or cholesterol
- History of healthcare provider ordered test(s) for heart related issues

Student's Family History Risk Factors are:

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with unexplained fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired

- Any relative diagnosed with the following conditions:
 - Enlarged Heart/Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
 - Arrhythmogenic Right Ventricular Cardiomyopathy
 - Heart rhythm problems, long or short QT interval
 - Brugada Syndrome
 - Catecholaminergic Ventricular Tachycardia
 - Marfan Syndrome - aortic rupture
 - Heart attack at 50 years or younger
 - Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the Interval Health History for Athletics must be completed and signed by a parent/guardian before each sports season. These are the questions on the FamilyID platform. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA **be removed from athletic activity until seen by a physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

You may contact your student's health office with any clearance questions:

- Burger Health Office, 585-359-5313
- Roth Health Office, 585-359-5113
- Senior High School Health Office, 585-359-5214

For all other sports related questions, please contact the Rush-Henrietta Athletics Office at 585-359-7808.

An additional resource for you is the State Education Department's Office of Student Support Services at studentsupportservices@nysed.gov or 518-486-6090.

I look forward to a successful year for all of our students and their families.

Sincerely,

Dr. Thomas Stewart
Athletic Director