

- **Dominic Murray Sudden Cardiac Arrest (SCA) Prevention Act**

- The New York State Education Department (NYSED) has recently adopted the Dominic Murray Sudden Cardiac Arrest Prevention Act. This law requires schools, students and parents/guardians to have information on sudden cardiac arrest risks, signs and symptoms.

In order for the Jasper-Troupsburg Central School District to comply with this act, we have added NYSED's Interval Health History for Athletics questionnaire to our Sports Sign Up form. This questionnaire is intended to gather required information regarding your child's heart health as well as your family health history to decrease any chance of Sudden Cardiac Arrest (SCA) in a student. We ask that you please read and fill out this detailed questionnaire very carefully.

The Interval Health History for Athletics questionnaire must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days of the start of the season. School personnel may require a student with health or health history changes to see a healthcare provider before participating in athletics. As required by this new law, any student who has signs and symptoms of pending SCA must 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.

PLEASE NOTE THAT SUDDEN CARDIAC ARREST IN CHILDREN AND YOUNG ADULTS IS RARE. ALTHOUGH IT CAN BE TRIGGERED IN STUDENTS AT RISK BY ATHLETIC ACTIVITIES, THE INCIDENCE OF SUDDEN CARDIAC DEATH (SCD) ON THE PLAYING FIELD IS 0.61 IN 100,000.

- **Signs or Symptoms:**

- Fainting or seizure, especially during or right after exercise or with excitement or startle
- 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

Risk Factors:

7. Personal:

- 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 health care provider ordered test(s) for heart related issues

8. Family History Risk Factors:

- 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)

Additional Resources:

NYSED Office of Student Support Services:

Email: studentsupportservices@nysed.gov

Phone: [\(518\) 486-6090](tel:(518)486-6090)

[NYS Center for School Health](#)

[NYSDOH Sudden Cardiac Arrest in Youth](#)