FEDERAL WAY
PUBLIC SCHOOLS
Each Scholar: A voice. A dream. A **BRIGHT** future.

Compliance Statement for HB1824, Youth Sports Head Injury Policies and SB 5083, Sudden Cardiac Arrest Awareness

(Attach to Facility Use Application for any sports event)
(A separate compliance form must be submitted for each fiscal year)

_____ requests the use of the Federal Way School District facilities for the following fiscal year (ex. Sept. 2025 – August 2026) _____.

_____, a private non-profit youth sports group, verifies that all coaches, athletes, and their parents/guardians have complied with the mandated policies for the Management of Concussions and Head Injuries as prescribed by HB1824, section 2 and the Sudden Cardiac Awareness as prescribed by SB 5083, section 3.

For sport-related events, the user is required to procure, at its own expense, a comprehensive general liability insurance policy, naming the District as the additional insured with endorsement. The policy shall be primary and written with limits of $1,000,000 combined single limits, per occurrence. Coverage may not be canceled or reduced during the time of this agreement. A Certificate of Insurance evidencing coverage and a copy of the Endorsement naming the Federal Way Public Schools No. 210 as an additional insured, must be submitted to the District's Business Services Department prior to the event. The policy must be issued by an insurance company authorized to do business in Washington State. In addition, the proof of insurance under an accident and liability policy is required to cover a minimum of any injury or damage with at least $50,000 due to bodily injury or death of one person and at least $100,000 due to bodily injury or death to two or more persons.

Signed (must be printed and signed or saved with electronic PDF signature):

_____

Representative of Private/Non-Private Youth Sports Group

Date:

_____

*Note: Access to school facilities may not be granted until all requirements of this application are complete and approved by the District and/or designee.

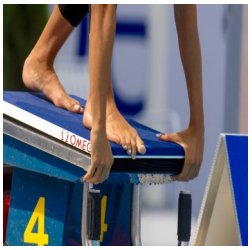
Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act








What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

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What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE
Sudden Cardiac Arrest

- **Collapsed and unresponsive**
- **Abnormal breathing**
- **Seizure-like activity**

2. CALL 9-1-1

- **Call for help and for an AED**

3. CPR

- **Begin chest compressions**
- **Push hard/ push fast (100 per minute)**

4. AED

- **Use AED as soon as possible**

5. CONTINUE CARE

- **Continue CPR and AED until EMS arrives**



Be Prepared! Every Second Counts!

UW Medicine
Center For Sports Cardiology
www.uwsportscardiology.org

WIAA Est. 1905
WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

NICK OF TIME FOUNDATION
SCA Awareness
Youth Heart Screening
CPR/AED in Schools
www.nickoftimefoundation.org