



HEART ATTACK

RECOGNITION

AND

RESPONSE

POLICY



1. POLICY STATEMENT

Pickleball BC aims to improve outcomes for heart attack victims by recognizing and acting quickly when an individual displays heart attack symptoms.

2. CONTEXT / BACKGROUND

The effects of a heart attack can be significantly minimized by quick recognition of the symptoms, providing immediate care and facilitating access to hospital based care for the individual displaying heart attack symptoms.

3. APPLICATION

This policy applies to all individuals in Pickleball BC programs, activities and events.

Given the serious potential for lasting effects from a heart attack, PBC members must be aware of this policy and the protocol to follow when a heart attack is suspected.

4. ROLES/RESPONSIBILITIES

Heart attacks and cardiac arrests are medical emergencies. If you recognize any of these signs, call 9-1-1. An ambulance is the best transport method for getting the individual to the best hospital. Transport by private vehicle may be considered in the event an ambulance is not immediately available.

Classic signs and symptoms of a heart attack may include:

- Chest discomfort/ heaviness/ tightness/ pressure
- Upper body discomfort /possibly jaw and arms
- Sweating or feeling cold or feeling clammy
- Nausea
- Shortness of breath
- Light headedness

Signs or symptoms will vary and can be different between men and women.

Signs of cardiac arrest may include:

- Sudden collapse
- Unresponsive to touch and sound
- Making gasping sounds or not breathing

Everyone involved in Pickleball BC activities including athletes, parents, coaches, teachers, officials and licensed health care professionals are responsible for the



recognition of and reporting of heart related incidents - angina, heart attack, cardiac arrest, etc.

An individual suffering angina **pain or a suspected heart** attack should:

- Sit or lie in a comfortable position
- Try to stay calm
- Chew and swallow two ASA 81 mg tablets if available

Bystanders can ask if this pain has occurred before /do they have any medication to take for this discomfort/pain?

For an individual in the throes of a **cardiac arrest**:

- Call 911 immediately
- Send for the AED
- Start and continue chest compressions till the AED arrives
- Follow the AED unit instructions
- Continue with medical assistance until professional medical help arrives

All heart related incidents shall also be reported and documented per the Pickleball BC Medical Incident Policy.

5. IMPLEMENTATION

The Board of Pickleball BC must communicate this Policy to all those governed by this Policy.

There are a variety and multitude of graphics and posters available from many sources that should be made available (posted) at places of play. Available as Part 2 and Part 3 of this policy are samples with respect to heart attacks and cardiac arrests.

Individuals participating in Pickleball BC programs, activities and events are to familiarize themselves with this Policy, know where the relevant equipment is available and how to use such equipment correctly.

6. RESULTS

Pickleball BC, its Board, employees and general membership know how to recognize heart attacks and cardiac arrests and what they need to do immediately.



Individuals confirm they feel safe while participating in Pickleball BC programs and events knowing that any medical incident will be recognized and handled with appropriate care and attention.

This policy/protocol is followed and appropriate actions are immediately taken to reduce the risk of serious injury where a heart attack or cardiac arrest is suspected.

7. COMING INTO FORCE

August 1, 2022

DRAFT