



Dominic Murray Sudden Cardiac Arrest Prevention Act

The Dominic Murray Sudden Cardiac Arrest Prevention Act was written to ensure that schools, students, and parents are provided with critical, lifesaving information on sudden cardiac arrest (SCA) risks, signs and symptoms, to ensure students at risk are evaluated prior to participation in athletics, and that SCA is immediately recognized and treated to prevent death.

The Act requires that:

- All schools must include such information in any permission form, consent form, or similar document that may be required for a student's participation in interscholastic athletics or reference how to obtain such information from the school's website.
- School personnel must immediately remove any student displaying signs or symptoms of pending or increased risk of sudden cardiac arrest from athletic activities. The student shall not resume athletic activity until they have been evaluated and received written and signed authorization from a licensed physician. This authorization must be retained on file in the student's permanent health record.
- AED equipment must be provided in instructional facilities where students are present and during any school-sponsored athletic contest or competitive athletic event held at any location.

Sudden cardiac arrest (SCA) is defined as the abrupt and unexpected loss of heart function. SCA can be fatal if not treated within minutes, and even with treatment, death may occur. Immediate treatment includes cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED).

Any student with such signs or symptoms, family history, or personal risk factors should be evaluated by a healthcare provider before participating in athletics. This is important since SCA can be triggered by athletic activities in students at risk.

The signs or symptoms of SCA are:

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise

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- 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 health care 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)

Student athletes must receive a physical examination prior to each sports season unless a physical examination has been conducted within 30 days before the start of the season.

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It is imperative that students are educated on the risks and symptoms of SCA and encouraged to report any of the signs or symptoms to their coach, athletic trainer, or parent/guardian. Administration, coaches, and athletic trainers should foster a culture of acceptance, where the health and safety of the athletes is foremost, as early identification and treatment of a student at risk for SCA may save their life.

Please contact the State Education Department's Office of Student Support Services for questions at studentsupportservices@nysed.gov or 518-486-6090.

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