

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

**NFHS, Simon's Fund release "Sudden Cardiac Arrest" on
www.nfhslearn.com**

FOR IMMEDIATE RELEASE

Contact: Dan Schuster

INDIANAPOLIS, IN (June 18, 2015) – The National Federation of State High School Associations has added a new course to its selection of online education courses available through the NFHS Learning Center at www.nfhslearn.com.

"Sudden Cardiac Arrest" was developed in conjunction with Simon's Fund, which raises awareness about the conditions that lead to sudden cardiac arrest and death in young athletes.

"The NFHS is pleased to partner with Simon's Fund to provide this free online course," said Dan Schuster, director of coach education at NFHS. "This is critically important information that can save a life and ultimately create a safer environment for students."

The course educates coaches, students, parents and others about sudden cardiac arrest, how to recognize its warning signs and symptoms, and the appropriate course of action to be taken if a player collapses during physical activity.

Sudden cardiac arrest is the No. 1 cause of death in the United States for student-athletes during exercise, taking the lives of thousands every year.

"It is critically important for coaches – and others – to be able to recognize the signs and symptoms of sudden cardiac arrest, and to know how to respond effectively in order to protect

student-athletes,” said Dr. Bill Heinz, chair of the NFHS Sports Medicine Advisory Committee and host of the new “Sudden Cardiac Arrest” course.

“By partnering with the NFHS, hundreds of thousands of coaches will see our educational video and become educated about the warning signs and conditions that lead to sudden cardiac arrest. We can’t think of a better way of fulfilling our mission,” said Darren Sudman, executive director and co-founder of Simon’s Fund.

Along with this new course, the NFHS also encourages all schools to develop and implement an emergency action plan, have an AED on site and have an appropriate health-care professional present at as many events as possible in order to minimize risk to student-athletes.

“Sudden Cardiac Arrest” takes just 15 minutes to complete and can be used toward fulfillment of Certified Interscholastic Coach requirements, part of the NFHS National Certification Program.

The course can be taken for free at <https://nfhslearn.com/courses/61032>.

This press release was written by Brandon Jones, a summer intern in the NFHS Publications and Communications Department and a junior at Indiana University Bloomington.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 16 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at www.nfhs.org.

About Simon's Fund

Philadelphia-based Simon's Fund was established in 2005 by Darren and Phyllis Sudman to honor the memory of their son, Simon, who died suddenly when he was three months old of an unknown heart defect called Long QT Syndrome. Simon's Fund raises awareness about the warning signs and conditions that can lead to sudden cardiac arrest and death in children. It has provided free heart screenings to over 10,000 students. Of those tested, approximately 100 students have discovered potentially fatal heart conditions. It was behind the passage of the Sudden Cardiac Arrest Prevention Act in Pennsylvania, the first law in the country to protect student-athletes from sudden cardiac arrest. With the help of Simon's Fund, this law has been passed in five other states as well. The organization recently launched HeartBytes, the first-of-its-kind youth cardiac registry for seemingly healthy kids in an effort to promote research. In 2014, Phyllis Sudman was named the 2014 National *Woman of Worth* by L'Oréal Paris, beating out more than 4,300 women who were nominated for this honor.

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