



Supporting families.
Saving lives.

How You Can Help Create SADS Safe Schools:

1. Put SADS posters in all schools—in hallways, teachers' lounges, gyms, etc.
2. Add SADS Risk Assessment questions to the school's physical screening forms.
3. Conduct training with school nurses, teachers, and coaches.
4. Give presentations to parents, PTA, state (or district) School Nurses' Association, local sports leagues and others.
5. Write articles in school newspapers, PTA newsletters and other local publications.
6. Develop Individualized Care Plans for all children with SADS conditions
7. Encourage schools to develop Emergency Medical Plans with AEDs.
8. Encourage schools to mandate CPR training for all high school students.

Warning Signs:

- A family history of unexplained, sudden death in a young person (under age 40)—including drowning suddenly
- Fainting (syncope) or seizure during exercise, excitement, or startle
- Consistent or unusual pain and/or shortness of breath during exercise.

SADS Works to Keep Children Safe at School

The Sudden Arrhythmia Death Syndromes (SADS) Foundation recommends that every child with a SADS condition has a personalized care plan, a school Medical Emergency Plan and an AED in place. We want to ensure that school officials are aware of the implications of SADS and are prepared to respond to an emergency immediately.

The SADS has created care plans for children with heart conditions, including: the **Long QT Syndrome**, **ICDs**, the **Brugada Syndrome** and **WPW**, and more. Utilizing these care plans as the basis for an individualized health care plan for all students with a SADS condition will be a large step in keeping kids safe at school. We also have materials for school nurses, teachers and coaches that will help them understand children with SADS conditions and their needs.

We want every school to be a Heart Safe School™

1. Every child should have a risk assessment history at regular intervals: preschool, before/during middle school, before/during high school and before participation in organized sports
The SADS Foundation offers a simple, comprehensive risk assessment form, the "Pediatric Sudden Cardiac Death Risk Assessment Form" that you can download and/or order from our website (www.StopSADS.org).
2. Every school should have a medical emergency response plan in place, which includes a plan for cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) in schools. (see sample at www.StopSADS.org)
3. Every school child with a SADS condition should have an individualized care plan in place. (see samples at www.StopSADS.org)
4. Every school with a child who has a diagnosed SADS condition should have an AED program.
5. All high school students should be trained in CPR and AED protocol as a requirement for graduation.
6. Everyone should be aware of the warning signs that may indicate a child at risk of sudden cardiac arrest.

The SADS Foundation is dedicated to making sure that all children are safe from sudden death due to heart rhythm abnormalities. We need your help to make this a reality.

For more information or to order materials, call (801) 272-3023

or visit www.StopSADS.org



Back to School Checklist

For Parents with Students with SADS Conditions

Make sure you do the following to help your school environment be as safe as possible for your SADS child.

Ask to meet with the principal, school nurse, and, possibly, the 504 plan team. At the meeting:

- ___ 1. Develop an Individualized School Health Care Plan for your child (SADS has recommended plans for you to customize at www.StopSADS.org). This plan may also be called a 504 plan or another name but, no matter what it's called, it should include everything on our recommended plan. To develop the plan:
 - a) Take our plan to your child's physician to complete the activities, etc. **OR**
 - b) Work with your school nurse to complete the plan—using your knowledge of your child's condition and your doctor's recommendations **OR**
 - c) Fill out the plan yourself and take it to the meeting

- ___ 2. To ensure that your child's Individualized School Health Care Plan is in place and working, verify the following:
 - Who is responsible for receiving the plan (the principal, school nurse)?
 - Where is the care plan housed (in a file, binder, etc.)?
 - Who is responsible for implementing the plan, if needed?
 - How does the school train staff regarding the existence and implementation of individual care plans?
 - Ensure the plan includes the buddy system for your child everywhere they go.

- ___ 3. Make a plan to ensure that all above recommendations are in place.
 - Ensure that all staff has a picture of your child.
 - Offer to provide training in existing staff meetings, etc.
 - Speak directly to all staff that deal with your student (lunch room and playground aides, coaches or PE teachers, break out teachers, etc.)

- ___ 4. Is your school a Heart Safe School™?
 - If the answer is YES, you are done!
 - If the answer is NO:
 - a) Ask the principal what the school's Emergency Medical Plan is, and whether all staff are trained on their role. (See SADS recommendations for these plan and samples at www.StopSADS.org)
 - b) Check to see if the school has an AED, a plan for the use of the AED and whether all appropriate staff is trained to use an AED.
 - c) Initiate the Heart Safe School Accreditation process.

If you feel like your school is not able to provide a safe environment and need additional help, call your school district. They will often advocate for your child, and educate you regarding the federal law pertaining to a child with a disability (your child's SADS condition is considered a disability) and your educational rights.

If you aren't able to get your child's school to work with you on this, please let us know. You can file a complaint with your regional Office of Civil Rights of the U.S. Department of Education. If you wish to file a 504 complaint, go to www.ed.gov/about/offices/list/ocr/complaintintro.html or call (800) 421-3481. For additional information about Section 504 visit the Dept. of Ed at www.ed.gov/about/offices/list/ocr/504faq.html.