

Electrocardiograms (ECG's) Screening for Athletics

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Sudden Cardiac Death



Though rare, sudden cardiac death is the leading cause of non-traumatic deaths among young athletes.



Incidence of sudden cardiac death among high school athletes ranges from 1 in 23,000 to 1 in 300,000



Intense athletic activity can trigger sudden cardiac death

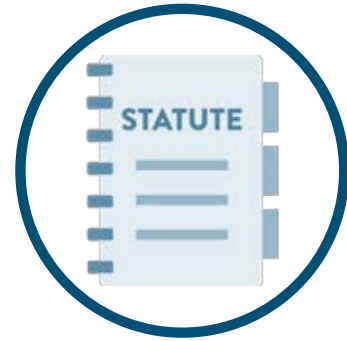


Athletes often have no symptoms or obvious injury prior to sudden cardiac death



Hypertrophic cardiomyopathy is the leading cause of sudden cardiac death in athletes

House Bill - HB 865



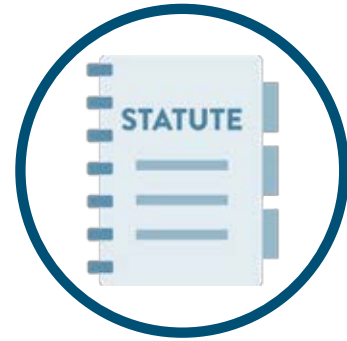
Youth Athletic Activities; Revises requirements for athletic coaches to include certification in cardiopulmonary resuscitation, first aid, & use of automatic external defibrillators.



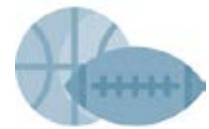
Starting July 1, 2024 coaches who are employed and renders service as an athletic coach in any **public** school in the State shall hold and maintain a certification in CPR, first aide, and the use of an AED.

District officials are working with AdventHealth and other partners to ensure all training is up to date.

Florida High School Athletic Association



Chapter 1006.20 (1), F.S., designates the Florida High School Athletic Association (FHSAA) as the governing nonprofit organization of athletics in Florida public schools



FHSAA must adopt bylaws that require student athletes to satisfactorily pass a medical evaluation to participate in interscholastic competition.



The evaluator must be a licensed physician, a licensed osteopathic physician, a licensed chiropractic physician, a licensed physician assistant, or a certified advanced practice registered nurse.



The evaluation must include medical history and a physical assessment.



The evaluation form must incorporate cardiovascular screening recommendations from the American Heart Association and advise students to complete a cardiovascular assessment, which may include an EKG assessment



The student must file the pre-participation physical evaluation form with the school, including the results of the cardiovascular assessment, if the cardiovascular assessment was completed

Florida Health Requirements for Student Athletes



The FHSAA, as directed by statute, requires student athletes to satisfactorily pass a medical evaluation, but does not require an ECG assessment.

Student Information



- ✓ Name
- ✓ Address
- ✓ Age
- ✓ Emergency Contact
- ✓ Physician Contact
- ✓ Biological Sex

Medical Information



- ✓ Medical History
- ✓ Family Illness
- ✓ Medication Use
- ✓ Heart Health Question

Physical Evaluation



- Height
- Weight
- Pulse
- Blood Pressure
- Pulse
- Musculoskeletal

Physician Approval



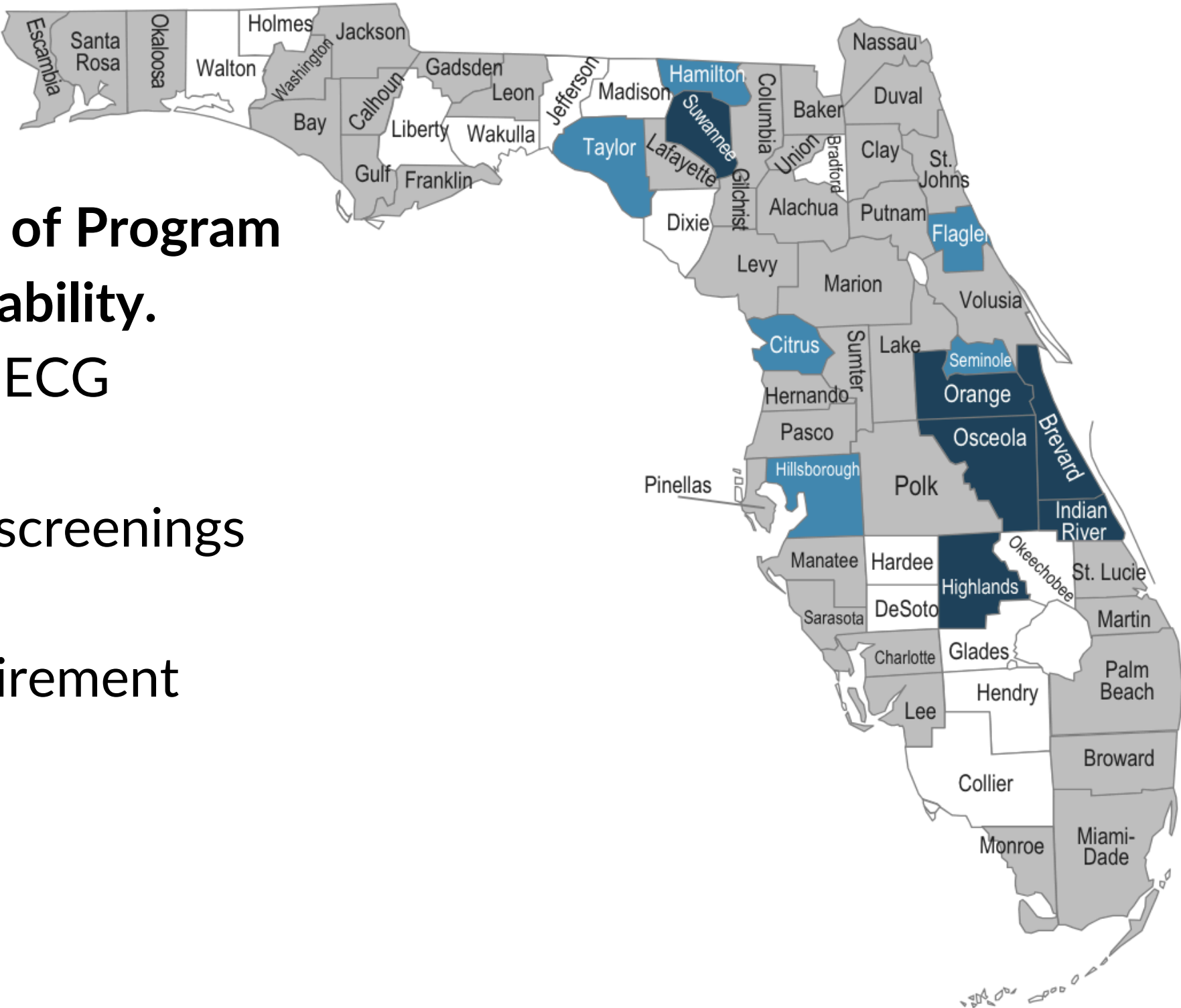
- Physician may label the student as:
1. Eligible for all sports w/o restrictions
 2. Eligible w/o restrictions w/ recommendations for further evaluation
 3. Eligible for certain sports
 4. NOT medically eligible for any sports

Consent and Release from Liability



- ✓ Concussion information
- ✓ Sudden cardiac arrest information
- ✓ Heat-Related illness Information

School District Athletic Directors' Survey



In 2021, a survey was conducted by the Office of Program Policy Analysis and Government Accountability.

- 41 districts neither require nor recommend ECG screenings
- 6 districts, including Flagler, recommended screenings
- 6 districts require ECG screenings
 - Indian river has since removed the requirement
- 14 districts did not respond

School Board Considerations



Of the district's surveyed, two (2) allow parents to opt-out. In 2020-2021, over one-third of student athletes in Brevard County opted out of receiving an ECG screening.

- Required or Parental Opt-Out
 - **Indian River County Schools** proposed a policy in 2020 to the School Board, requiring ECG for student athletes, this failed.
 - **Suwannee County Schools** requires screenings as a Superintendent Directive.
 - **Orange County Schools** requires screenings with no opt-out.
 - ECG screening is only required **once** during his/her four years of participation.
 - **Brevard County Schools** created a policy mandating student athletes to include an ECG participation form in the Physical Packet.
 - 35% Opt-Outs in 2020-2021.
 - **Osceola County Schools** has a Superintendent Directive
 - ECG screening is only required **once** during his/her four years of participation.

School Board Policy 406.1 (Athletics)



Policy was last revised in 2012
Policy or Superintendent Directive

- **Option 1: Move forward with a policy, and updating language in SB Policy 406.1 (Annually)**
 - Any student wanting to participate in high school athletics must complete the Cardiology Report Electrocardiogram (ECG) participation form each year as part of the student's athletic packet and must:
 - have an electrocardiogram (ECG) screening prior to participating in his/her first athletic sport in high school; or
 - decline the electrocardiogram (ECG) screening each year of athletic participation.
- **Option 2: Move forward with a policy, and updating language in SB Policy 406.1 (9th / 11th)**
 - Any student in the 9th or 11th grade wanting to participate in high school athletics must complete the Cardiology Report Electrocardiogram (ECG) participation form as part of the student's athletic packet and must:
 - have an electrocardiogram (ECG) screening prior to participating in his/her first athletic sport of that season; or
 - decline the electrocardiogram (ECG) screening each year of athletic participation.

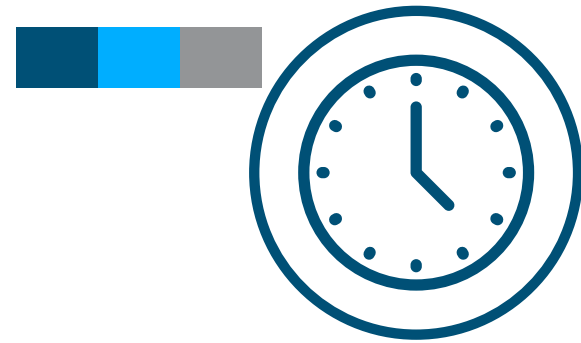
School Board Policy 406.1 (Athletics)



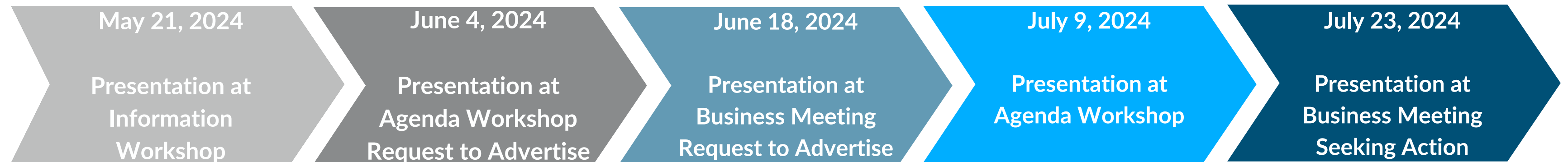
Policy was last revised in 2012
Policy or Superintendent Directive

- **Option 3: Move forward with a policy, and updating language in SB Policy 406.1 (One time)**
 - Any student wanting to participate in high school athletics must complete the Cardiology Report Electrocardiogram (ECG) participation form once during his/her four years of participation. the student's athletic packet and must:
 - have an electrocardiogram (ECG) screening prior to participating in his/her first athletic sport in high school; or
 - parents/ guardians wishing to decline the electrocardiogram (ECG) screening must submit each year prior to athletic participation.

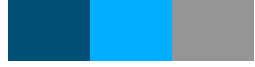
Timeline



The following timeline will be followed



- **ECG's will continue to be apart of our Flagler Schools Sports Physical Night.**
- **Flagler Schools will have a phased approach**
 - **Year 1**
 - 24/25 - Information, Communication, Advertisement
 - **Year 2**
 - 25/26 - **All** student athletes to complete ECG participation form (allows parents an opt-out)
 - **Year 3**
 - 26/27 - **Opt 1** all students complete annually / **Opt 2** 9th & 11th grade / **Opt 3** Once in the student 4 years.



Questions?