

# **NANAIMO PICKLEBALL CLUB**

## **HEART INCIDENT RECOGNITION POLICY**

### **1. POLICY STATEMENT**

Nanaimo Pickleball Club 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 Nanaimo Pickleball Club programs, activities and events.

Given the serious potential for lasting effects from a heart attack, NPC 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 Nanaimo Pickleball Club 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

## **5. IMPLEMENTATION**

The Board of Nanaimo Pickleball Club 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.

Individuals participating in Nanaimo Pickleball Club 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**

Nanaimo Pickleball Club, its Board, volunteers 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 Nanaimo Pickleball Club 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**

This policy shall come into force May xx 2023.