

# Lifesaving education and training

## Heart Safe Youth Sports program

Our Project ADAM<sup>®</sup> Texas program at Cook Children's increases sudden cardiac arrest awareness and helps youth sports teams, leagues and facilities establish an emergency response team, plan and rehearse an AED drill to ensure a timely, lifesaving response. We educate athletes, coaches, referees and spectators on sudden cardiac death and implement public access defibrillator programs across Texas.



### Free services offered:

- Hands-only cardiopulmonary resuscitation (CPR) training
- Automated external defibrillator (AED) training
- Assistance in conducting AED drills
- Heart Safe Youth Sports designation



### Free resources include:

- Medical timeout template
- CPR training log and videos
- AED drill information and checklist
- Cardiac emergency response plan templates
- AED placement guide and budget planning documents



### Benefits of Heart Safe Youth Sports designation:

- Heart Safe Youth Sports banner and certificate
- Heart Safe Youth Sports web banner and email signature
- AED stickers
- Recognized on Cook Children's Project ADAM Texas website
- AED replacement pads (supplied when original pads are used in an emergency event)
- A prepared response for medical emergencies and peace of mind knowing that your school is equipped to save a life



### Are you prepared for a sudden cardiac arrest?

Contact us today and get the tools and resources you need to be Heart Safe.

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[projectadamtexas.org](http://projectadamtexas.org)