



# ULTRA SPORTS SCIENCE

## Sudden cardiac death

### **For race organizers**

Diffusion of prevention message by the organizers, taking into consideration aforementioned points.

### **For race organizers, it is a question of respecting clear objectives:**

- Have defibrillators available at the race

Medical staff need to be trained basic and advanced life support

Start a cardio-pulmonary resuscitation (CPR) immediately (ideally in less than a minute) at any point of the race

- Then quickly deliver an external electric shock
- Then practice vital first aid (chest compression and breathing) and advanced life support (e.g., intubation, ventilation, drugs, such as adrenaline, anti-arrhythmics, anti convulsants, sedation etc.)
- Carry out a medical transfer to a specialized center

### **For this it is necessary to set up:**

- A good distribution of the first aid teams on the race to carry out first aid and inform the accident site medical team.
- Very good mobility of the emergency medical team with vehicles adapted to the terrain (motorbike, quad, etc.) to administer vital first aid on site.
- Having medical transfer vehicles.
- To have appropriate means of communication for the organization of relief for the various responders (organizers, rescuers, medical teams, hospital services, etc.)

It is therefore essential for race organizers to plan for the management of serious illnesses and sudden deaths of athletes in their overall health coverage of their sporting event.

### **HIGHLY RECOMMENDED FOR ALL:**

Having first aid training is an essential recommendation

Know how to prevent emergency services

Perform cardio-pulmonary resuscitation (CPR)

Implement defibrillators at race

## PORTER ASSISTANCE



*Je porte assistance à tout autre compétiteur en difficulté  
qui aurait besoin de mon aide.*