

Carryduff G.A.C. Cardiac Screening Programme

In recent years there has been an increasing awareness of the issue of sudden cardiac death in young people participating in sport. Thankfully such events are extremely rare and young healthy people should be encouraged to participate in sport with all the benefits it brings.

It is, however, important to identify anyone who might have any risk factors for a sudden cardiac event before they get involved in competitive sport. Of all the cardiac screening tools, the best predictor of sudden death risk is a positive questionnaire.

The G.A.A. has therefore recommended that in the context of cardiac screening all participants over the age of 14 should complete a cardiac screening questionnaire. We would like to introduce this into Carryduff G.A.C. and would in fact ask that a questionnaire be completed for all **playing members above the age of 10 years**. It is recommended that, under the age of 21, the questionnaire should be filled in under the supervision/in conjunction with parents/guardian(s). A copy of the questionnaire is attached for your information and it is also available on the G.A.A website.

The questionnaire is generally very straightforward. The most important question is question 11 relating to the family history. You should answer yes if any young relative has died suddenly even if no cause was found. We would recommend that if you answer yes to any of the questions, you should consult your G.P. and bring a printed copy of the questionnaire with you. In most cases this will lead to reassurance that there is no cause for concern. In a small number of cases it may be necessary to recommend further cardiac screening tests to reassure everyone that it is safe for the player to continue participating in competitive matches.

Carryduff G.A.C. is undertaking this initiative to ensure that all playing members can participate safely. We would therefore encourage all **playing members above the age of 10 years** to complete the questionnaire. Once completed, it should be returned to a member of your coaching staff in order for the club to maintain a register of all playing members. We can assure you that any information provided will be treated confidentially. The electronic records will be securely stored in the parochial house and will not be available on-line or publicly.

Carryduff Screening Committee

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This screening program is supported by the Cormac Trust. For more information visit www.cormactrust.com