

Coldwater Shuffleboard players take part in their second training course in both CPR and Automated External Defibrillators (AED)

This important program has grown throughout Ontario, and each day someone's life is saved by the use of this amazing device.

The Coldwater Shuffleboard Club recommends that other Shuffleboard Clubs become involved in the **Public Access Defibrillation (PAD) Program**

This following story may not have anything to do with the game of ***"Shuffleboard"*** but; then it may have everything to do with ***"Shuffleboard"*** if you happen to be the one person who becomes affected by a heart attack while playing the game of shuffleboard.

This story begins with a young boy by the name of Chase McEachern of Barrie Ontario who collapsed in gym class and passed away six days later at age 11 due to complications with his heart. Chase was diagnosed with arterial flutter and was on a waiting list for heart surgery – which he never received.

Chase, a star peewee hockey player, was inspired to write Don Cherry of Hockey Night in Canada to ask for help when he heard that hockey greats like Jiri Fisher and Mario Lemieux had irregular heartbeats just like his own.

His plea was to start a campaign to raise awareness for the need to install Automated External Defibrillators (AEDs) in public places such as hockey arenas and schools.

The **Coldwater Shuffleboard Club** in cooperation with the Coldwater Curling Club shared the cost of purchasing an AED system for the Curling Arena in June of 2009. The system was installed in the Clubhouse of the Curling Arena and several members of the Shuffleboard Club have now been fully trained on its use.

14 Dedicated members of the Shuffleboard Club took part in a 5 hr training course on June 27 2012 that covered both CPR and the operation and use of the Automated External Defibrillator unit (AED).

Although it is to be hoped this unit will never be needed, the shuffleboard club now have over 25 qualified members who can administer help until an emergency response team arrive on the scene.

The highly qualified instructor John Seney from County of Simcoe Paramedic Services, has over 30 years of Paramedic Service and conducted a very comprehensive training course for the Shuffleboard Club.

He explained the importance of the training and knowing how to administer CPR and the operation of the AED system as well as recognizing the difference between a heart attack and sudden cardiac arrest.

A heart attack is a condition in which the blood supply to the heart muscle is possibly blocked, which can result in the death of the heart muscle. Heart attack victims usually experience chest pain and usually remain conscious.

Heart attacks are serious and sometimes lead to sudden cardiac arrest (SCA).

However SCA can occur independently without warning signs.

SAC results in death if not treated immediately

Most all Shuffleboard Clubs are made up of “Senior Adults” who are more likely to be in a situation of sudden cardiac arrest because of their age.

Between 35,000 – 45,000 Canadians die each year due to sudden cardiac arrest and the odds of survival without defibrillation are only 5%.

Defibrillation administered within the first few minutes after sudden cardiac arrest can increase the survival rate to 50% or even more.

Each AED costs approximately \$4,500.00 including a training course and maintenance, there are now over 1000 AED units installed in Ontario and over 30,000 members trained in the PAD programme.

The AED system is quite simple to use because of its foolproof characteristics of operation. Once applied to the chest, the AED will analyse whether the heart is in need of an electrical shock and the proper steps to follow.

If the AED determines a shock is needed, it will advise the rescuer using voice prompts, lights and text messages outlining the necessary steps to take.

The AED combined with the use of CPR can be an important life saving device until an Emergency Response unit arrives on the scene.

I would strongly recommend all Shuffleboard Clubs become involved in a PAD program through the Heart & Stroke Foundation of Ontario www.heartandstroke.ca or a recognized Foundation in your area.

The photos show Trainer John Seney administering assistance to Bill Kinnear of the Coldwater Club who took part in the training program today.

A great lunch was provided courtesy of Barb Pipher.