

SPORTS MEDICINE: Cardiovascular Electrocardiogram (ECG) Screening



Cardiovascular Screening Policy
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Updated: 6/23/2023

Sudden cardiac arrest (SCA) is the leading cause of death in young athletes. Most incidences of SCA are a result of an underlying cardiovascular anomaly either in structure or function. To aid in identifying possible cardiovascular abnormalities with our student-athletes, Embry-Riddle Aeronautical University Sports Medicine began mandatory baseline Electrocardiogram (ECG) screening on all ERAU student-athletes prior to the beginning of the 2020-2021 academic and athletic year.

All ECG's are reviewed by the ERAU Team Physician and signed upon review. Any ECG results that indicate possible abnormality will be referred for more testing by the Team Physician and/or to Team Cardiologist. All student-athletes with cardiovascular concerns will be removed from any type of training/participation until medically cleared by the Team Physician and/or Cardiologist. All further physician visits and testing procedures and subsequent costs from those visits will be the **sole responsibility** of the student-athlete and processed through their primary medical insurance policy **only**.

New student-athletes that have had cardiovascular testing in the past will need to submit that information to Sports Medicine and **will also need to complete** a current ECG and have final clearance from Team Physician. Embry-Riddle Sports Medicine will accept ECGs from within 6 months of the start of a new-student athlete joining the program.

Any returning student-athlete that has had a past cardiovascular evaluation or has had any updated cardiovascular information in their yearly medical history packet will be red-flagged and required to complete an ECG and physical. Any returning student-athletes that have been red-flagged will not be allowed to participate until cleared by the ERAU Team Physician.