



**Wednesday February 7, 2024,
8:30am–2:30pm**

Hosted at: Tahoma High School

23499 SE Tahoma Way,
Maple Valley, WA 98038

www.nickoftimefoundation.org

**Appointments are open to anyone 12-24
years, regardless of where they go to school.
All students must pre-register for an
appointment at: <http://bit.ly/NoTFEKGAppt>**

Return completed forms to the THS Athletic
Office or scan and email to:
HeartScreening@tahomasd.us

Questions, please call (425) 413-6302

The Nick of Time Foundation is providing
this EKG Youth Heart Screening at no
cost or obligation. However, to help
defer screening costs,
and enable future community screening
events, there is a suggested
donation of \$25.00.

Donations are tax deductible, and can be
made at time of registration, by cash, or
check payable to:

Nick of Time Foundation

Or by online donation at:

www.nickoftimefoundation.org/donate/

Nick of Time Foundation EKG Youth Heart Screening

Dear Parents and Coaches:

Sudden Cardiac Arrest is the leading cause of death in exercising or at play young people on school campus. Nick of Time Foundation in partnership with the UW Center for Sports Cardiology conducts EKG youth heart screenings for adolescents and young adults ages 12-24. Screenings consist of a Heart Health Survey asking about possible signs & symptoms or family history of a heart condition. An EKG is performed that analyzes the electrical signals of the heart and the results are reviewed on site by medical professionals experienced in EKG youth heart screens. A simple EKG can identify certain serious heart conditions that cannot be detected by a stethoscope.



NO ONE WILL BE SCREENED WITHOUT THE SIGNED FORMS LISTED BELOW

- 1. EKG Youth Heart Screening Permission Form and Waiver**
- 2. Participant Medical History Questionnaire**

What happens at a screening?

The screening is completely painless and non-invasive (*no needles or x-ray exposure*) and consists of:

1. Review of health history questionnaire
2. EKG screening (Small patches with a mild latex free adhesive will be placed on the chest, legs, and arms. Electrodes are attached to the patches and the heart's electrical activity is recorded)
3. "Hands only" instruction in CPR and AED training
4. Doctor consult & screening results review
5. Some participants may also have a heart sounds physical or limited echocardiogram (ultrasound) of their heart.

We want to assure you that participants' confidentiality, privacy, and individual modesty will be respected throughout all aspects of the program. All girls will be screened by female health professionals in an area separate from boys. Additional privacy is available upon request.

Thank you for making your student's heart health a priority and for being a part of our mission to save young lives from Sudden Cardiac Arrest (SCA).

Nick of Time Foundation

