

**WARNING – COMMOTIO CORDIS**

Dear Parents and Athletes,

One of the many duties of this organization is to promote athlete safety. That duty involves, among other things, a duty to warn athletes of the known risks when playing a specific sport and duty to ensure that athletes have (or have access to) proper safety equipment.

*Commotio cordis* is an often-lethal disruption of the heart’s rhythm that occurs as a result of a blow to the area of the chest directly over or near the heart. The blow that causes *commotio cordis* need not be particularly robust, rather, it is a matter of timing. If an athlete is struck in just the right place, at just the right time, it can cause a *commotio cordis* event. The heart stops, breathing stops and within seconds the athlete is on the ground, unresponsive. There is no advance warning of *commotio cordis* and no physical screening to predict it. The average age of a *commotio cordis* victim is 15 and less than 50% survive. ***Commotio cordis is the #2 killer in all sports and the #1 killer in youth baseball.***

Up until now, *commotio cordis* was thought to be an inherent risk of playing many contact sports or those sports where incidental contact can occur. There was no way to screen for it and simple chest shields or catcher/ goalie protectors were not effective in preventing it. Often lethal, *commotio cordis* was rare, unpredictable, and unpreventable. This is no longer the case.

Recent advances in sports protective technology from a company called Unequal have resulted in safety gear that eliminates or significantly reduces the risk of *commotio cordis*. Unequal HART™ equipment is comfortable, lightweight and does not interfere with normal sports play. Whichever version of the gear is worn, patented padding is located over the heart area of the chest. HART gear comes in appropriate sizes, is washable, and is designed to last two normal years of playing a sport.

[We strongly recommend that you obtain and wear commotio cordis protective gear when playing sports, whether those sports are organized by us, or otherwise.]

[Effective immediately, all athletes are authorized to wear any unmodified, commercially manufactured commotio cordis protective gear during any practice or play organized by us.]

[Athletes who have not obtained commotio cordis protection may continue to remain unprotected, at their own risk, for the remainder of any season currently in progress. Effective at the beginning of next season, however, as a condition of participation in practice or play, all athletes in Lacrosse, Baseball, and Soccer must obtain commercially manufactured Unequal HART commotio cordis protective gear (or equally effective gear) and wear same in accordance with the manufacturer’s instructions during all practice of play sessions organized by us. All athletes in other contact sports are encouraged to wear commotio cordis protective gear, as the risk is present in virtually any contact sport. We are not making this protection mandatory in those other sports at this time.]

[Unequal has a technology proven to significantly reduce commotio cordis risk and offers 25% discounts for group purchases of \$500 or more. If you are interested in receiving a group discount, visit [unequal.com](http://unequal.com), choose the product appropriate for your sport, determine your size needed, send an email to \_\_\_\_\_ with email address \_\_\_\_\_. Include your athlete’s name, team, product, size [NOT JUST SELLING SHIRTS]], (and quantity, if you would like to buy more than one). If we exceed \$500 in retail value for the aggregated orders, we will notify you of your final price. MSRP pricing ranges from just \$89.95 to 159.95 ea.

[You can individually buy your own on the Unequal.Com website if you would rather not wait. Enter discount code \_\_\_\_\_, at checkout to receive 10% off of your purchase]

We want our athletes to have the best and most up-to-date safety equipment proven to help protect them from all preventable harm, especially deadly commotio cordis. Thank you for your attention and anticipated cooperation in adopting this new technology.

Both parent and athlete must sign below and return this document to \_\_\_\_\_ on or before \_\_\_\_\_ so that we can keep a record that we fulfilled our duty to warn athletes for their safety. Athletes who have not returned this warning form by \_\_\_\_\_ will be suspended from practice and play until they do so.

**WE HAVE RECEIVED AND READ THIS WARNING:**

Parent \_\_\_\_\_ Date \_\_\_\_\_ Athlete \_\_\_\_\_ Date \_\_\_\_\_