

PROJECT HEART START FOR NMAA COACHES

May 4, 2015

Project Heart Start for NMAA Coaches is a program of compression only CPR and AED training that is a joint effort of the New Mexico Heart Institute Foundation and the New Mexico Activities Association. The training is a 40:00 session that includes a video and skills components using CPR manikins and an AED training module. Insurance and legal opinions perceive this training to be a pro-active step in providing safety training for coaches, and it is not a liability issue for individuals or schools/districts.

Participation by NMAA member schools is not mandated, but strongly encouraged. The NMAA program is designed to prepare and equip a school to be a self-sustaining provider of the training at minimal cost. Member high schools are asked to commit to provide the training on a regular schedule to their coaches and to pay \$300.00 (4A-6A – 12 manikins) or \$200.00 (A-3A – 8 manikins) and \$200.00 for an AED training module. The school must also commit to maintaining 2 trained facilitators (sustainability).

Phase one of the program began in April, 2014 with a group of 20 large schools in the central region. The participating schools paid for the manikins and the AED training module was provided at no cost through the NMAA opportunity fund. A 90:00 facilitator training was held in April, a few make-ups (maintain 2/school) were done in July/August. During the 2014-15 school year, the 20 schools trained 613 individuals for fall sports, 351 for winter sports, and 138 for spring sports.

Phase two of the program began in the spring of 2015 with participation being opened state-wide and facilitator trainings (and equipment/supplies distribution) offered at 5 regional sites in April. A total of 45 schools took advantage of this opportunity: Southwest – Las Cruces (6), Northeast – Santa Fe (7), Northwest – Farmington (12), Southeast – Roswell (16), Central – Albuquerque (4).

It is anticipated that the NMAA will provide limited (once or twice a year – Albuquerque?) opportunities for schools to either join the network or add trained facilitators as well as communications and coordination with the NMHI Foundation – Project Heart Start. The goal will be to maintain the current participation of 65 schools and slowly grow that number.

The NMADA (providing storage bins for the manikins) and NMHSCA (offering PHS training during their Summer Clinic) are also endorsing and supporting this potential life-saving effort.

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