

In a medical emergency situation would you or your pickleball clubs' members know what to do?



Attending this free webinar could save lives!

In partnership with PAA, please join us on Tuesday 8th August at 7pm (AEST) for this information and very practical webinar to learn how your pickleball club, association and community can be better prepared to help save more lives simply and easily.

Topic: “Being Better Prepared: Life Saving Medical Emergencies” Webinar

When: Tuesday 8th August 7-8pm (AEST)

Presented by: Don & Hutch from CPRfriendly.org

Who should attend: All pickleball clubs, associations, committee members and other interested pickle community members.

Learnings: The why, when, how and what you and your club can do to simply be better prepared to save a pickleballers life in an emergency situation.

Zoom Meeting Link: [Join Webinar Link](#) (jump on 5 mins prior to start)



**Pickleball Australia
Association**

What I learnt after being dead for 19 minutes (Hutch's Story)

In 2018 one of our fellow pickleballers, fit and healthy Ian 'Hutch' Hutchinson (from the Northern Beaches of Sydney) had a sudden cardiac arrest while bike riding with his mate, Don MacKee. Hutch was clinically dead for 19 long minutes.

But thanks to some quick thinking by Don and the help of some bystanders, 000 was called, CPR commenced, and Hutch became one of the very lucky 9% to survive a sudden cardiac arrest.

Here's their [story on Ch 7 Sunrise](#)



Helping save more lives

As a result, Don & Hutch founded CPRfriendly.org in memory of, and on behalf of, the 91% less fortunate that don't survive, with the aim of helping others to get a second chance at life. CPRfriendly.org is a free resource platform to help save more lives by helping anyone anywhere get 'CPR friendly' in minutes, and inspiring clubs and communities to get more heart smart.



Heart Stopping Facts

- 25,000 sudden cardiac arrest deaths yearly in Australia, or one every 20 minutes
- Early 60's is the average age of a sudden cardiac arrest, the average age of pickleballers
- Only 9% of people survive an out-of-hospital sudden cardiac arrest
- 80% of cardiac arrests happen in the presence of family and friends
- 70% of bystanders feel helpless and don't know how to effectively do CPR
- While 99% of Australians believe CPR is a critical life skill, only 26% are CPR friendly
- Every 60 seconds that CPR is not administered reduces survival by 10%.

So that's why now, more than ever before, being prepared for a medical emergency and being trained in CPR is such a vital life skill.

What Your Pickleball Club Can Do



1. **Create a Medical Emergencies page** on your club or association website. Here is an example from [Pickleball NSW](#) and [Avalon Beach Pickleball Association](#).
2. **Email all members** and encourage them to visit your [club medical emergencies page](#) and get CPR friendly in minutes by going to [CPRfriendly.org fun CPR training videos](#).
3. **Run a CPR friendly club educational event and/or fundraiser** using this [CPR event resources kit](#) and CPR friendly [fun training videos](#). Why not make it a fundraiser to raise money for your own club defibrillator.
4. **Consider a club defibrillator** or just get [a defibrillator \(AED\) for your club](#) and/or make members aware of the closest AED's to your club playing venues. [Here's a pickleball club example](#).

All these solutions and more will be discussed in this potentially life-saving webinar. So please join us for the free **"Being Better Prepared: Life Saving Medical Emergencies"** Webinar on Tuesday 8th August 7-8pm (AEST)

Join Free Zoom Meeting: <https://us02web.zoom.us/j/83028774496>

