



**John L. Moyer Jr., LAT, ATC**  
Pennsylvania Athletic Trainers' Society, Inc.  
*President*

484-256-5045  
president@gopats.org

---

December 4, 2015

Dear Senator Sabatina:

I am writing to you in regards to your proposed legislation that will allow for Electrocardiogram (EKG) testing for high school sports. The Pennsylvania Athletic Trainers' Society (PATS) applauds the proactive nature of this legislation, but at this time the available research does not support universal EKG screening for high school athletes.

As a member of the Pennsylvania Interscholastic Athletic Association (PIAA) Sports Medicine Advisory Committee (SMAC), I can tell you that this topic has been discussed at length with the sports medicine physicians and health care providers on the SMAC. The consensus is that mandatory and universal mass screening with 12-lead EKGs in large general populations of young healthy people 12 to 25 years of age to identify genetic/congenital and other cardiovascular abnormalities, is not recommended for athletes and non-athletes alike.

Limitations of the 12-lead EKG as a population screening test include the expected frequency of false-positive and false-negative test results, as well as the cost required to support these initiatives over time. With the limited financial resources available in most school districts throughout the Commonwealth, the cost associated with EKG screening would be prohibitive. The cost of this screening would also be a financial burden for individual families as well.

As a result of your recent proposed legislation, PATS reached out to physicians at the Rothman Institute and the Hershey Medical Center for their input. The consensus among the sports medicine physicians at these institutions is that EKG screenings for athletes is not supported by available research and the necessary funding would be better served to provide an AED at all secondary school and youth sports activities as well as having access to Athletic Training services at those events. These would be a much more effective means of preventing death from Sudden Cardiac Arrest (SCA) in youth sports at all levels. The National Youth Sports Safety Alliance released Best Practice Recommendations for the Prevention of Death in Secondary School Athletes in 2013. These recommendations also advise for AEDs and Athletic Training services vs. EKG screenings as the best practice for prevention of sudden cardiac episodes. Further information can be found at <http://nssafame.com/2013/02/06/youth-sports-safety-alliance-releases-first-ever-national-action-plan-for-sports-safety/>.

Please contact me at [president@gopats.org](mailto:president@gopats.org) with any questions.

Sincerely,

John Moyer, LAT, ATC  
PATS President

---

*The Keystone to a Healthy and Physically Active Life*

*gopats.org | twitter.com/gopatsAT | facebook.com/gopatsAT*