

A large orange circle on the left side of the slide, partially cut off by the edge.

**Making Every
Minute Count:
AEDs for
Massachusetts
Athletes**

**A call to action for life-saving
defibrillators on every athletic field.**

**When cardiac arrest strikes, every
second matters.**



Preston's Story

The Story of Preston Settles

Age 15 · February 5, 2022 — A young athlete's life changed forever on the sidelines of a basketball game.

Preston's story is not just a tragedy, it is a call to action for every school, coach, and policymaker in America.



The Story of Preston Settles

Preston Settles was 15 years old when he slipped from his chair on the sidelines of his basketball game after reporting that he was not feeling well and experiencing a rapid heartbeat. What followed was a sequence of preventable delays that would cost him his life.

February 5, 2022

Preston collapses on the sideline after complaining of rapid heartbeat and feeling unwell during a basketball game.

The Recognition Gap

His collapse was not immediately recognized as Sports-Related Sudden Cardiac Arrest (SSCA) — critical seconds were lost.

The Intervention Gap

CPR was delayed. By the time an AED was located, Preston no longer had a shockable rhythm — the window had closed.

February 27, 2022

After 22 days on advanced life support, Preston Settles passed away. He was 15 years old.



Sudden Cardiac Arrest

The Silent Threat: Sudden Cardiac Arrest in Young Athletes

#1

Cause of Death

SCA is the leading cause of death among young athletes in the United States

1/3

Athletic Deaths

Sudden cardiac arrest accounts for nearly one-third of all deaths that occur on athletic fields

7–10%

Survival Drop

Every minute without defibrillation reduces a victim's survival chances by 7–10%

❏ The true scale of HCM-related deaths among young athletes remains vastly underreported — making systemic prevention measures all the more urgent.

The Power of Immediate Action: AEDs Save Lives

⚡ Within 1–3 Minutes

Defibrillation within the first 1–3 minutes of cardiac arrest can achieve **70–80% survival rates**

❤️ CPR + AED Together

Combining CPR with immediate AED use **dramatically multiplies** the chance of survival vs. CPR alone

🏃 On-Site Response

Every minute waiting for EMS reduces survival odds. **On-field AEDs eliminate that delay entirely**



American Heart Association: The Case for AEDs

Key Facts from the AHA

70% of OHCA victims

die before ever reaching the hospital — rapid on-site response is the only intervention that matters

FDA-Approved Devices

AEDs are designed to recognize and treat life-threatening rhythms like ventricular fibrillation — safely and automatically



The Gap: Why Mobile AEDs on Athletic Fields Matter



A fixed AED inside a school building is not enough. When a cardiac emergency happens on an outdoor field — during practice, a weekend game, or a community event — **seconds count and distance kills.**

→ Practices & Off-Site Games

Athletes are routinely away from the main facility — mobile AEDs travel with the team

→ Immediate Accessibility

A mobile AED on the field ensures response in under 60 seconds, not 3–5 minutes

→ Memorial Fund Support

The Preston Settles Memorial Fund actively funds AED placement in schools and community athletic centers



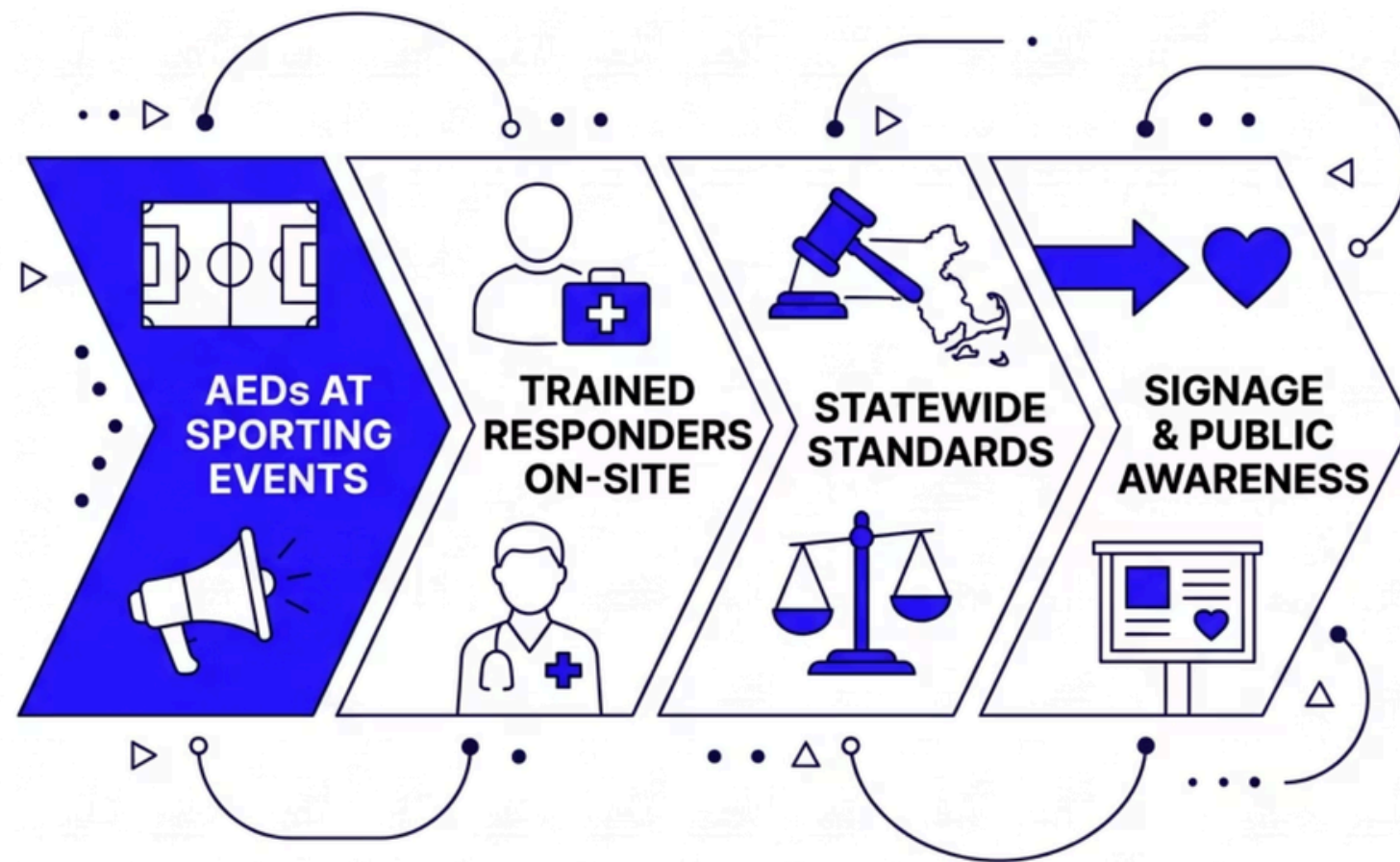
Seconds Matter. Minutes Save Lives.

When sudden cardiac arrest strikes on an athletic field, the difference between life and death is measured not in hours — but in heartbeats.

Every field needs an AED. Every coach needs training. Every life deserves a fighting chance.

Legislation

The Preston Settles "Every Minute Counts" Act



MASSACHUSETTS LEGISLATION

H4993 / S1489 — An Act Requiring AEDs at Sporting Events

Sponsored by Representative Marjorie Decker and Senators Cindy Creem and Nick Collins, this legislation mandates AEDs at facilities hosting sporting events and ensures trained responders are present during every event.

Current Status: H4993 passed the House and is now before the Senate Committee on Ways and Means. S1489 was reported favorably by committee and referred to the same committee.

The Opportunity in Massachusetts: A Call to Action



Advocate for the Legislation

Urge your state legislators to support the swift passage of H4993/S1489 — the Preston Settles "Every Minute Counts" Act — to protect athletes statewide



Equitable Protection for All

This legislation ensures athletes and spectators across all communities — regardless of venue size or available resources — have equal access to lifesaving equipment

A photograph of a soccer field at sunrise. The sun is low on the horizon, creating a warm, golden glow. A soccer goal is visible in the background, and the field is covered in green grass.

Make Every Minute Count: Join the Movement

Learn

Support the Preston Settles Memorial Fund and learn more about AED initiatives across Massachusetts

Spread the Word

#MakeEveryMinuteCount
#AEDSavesLives

Together, we can ensure that no young athlete's life is cut short by a preventable cardiac arrest. **Preston's legacy demands action — and action starts today.**