

HELPING PICKLEBALL CLUBS, COMMUNITIES AND YOU SAVE MORE LIVES IN MINUTES

WHAT I LEARNT ABOUT CPR 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 to help save more lives by helping anyone anywhere get 'CPR friendly' in minutes, and inspiring clubs and communities to get more heart smart.



THE HEART STOPPING FACTS

- 25,000 sudden cardiac arrest deaths each year in Australia - that's one every 20 minutes
- Early 60's is the average age of a sudden cardiac arrest - about the average age of a pickleballer

- 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 the chances of survival by 10%.

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

IN AN EMERGENCY SITUATION WOULD YOU KNOW WHAT TO DO?

GET CPR FRIENDLY TODAY, IN MINUTES

Learn the vital life-saving skills of CPR and how to use a defibrillator in minutes, for free 45 seconds to 45 minute training go to [CPRfriendly.org](https://cprfriendly.org)



WHAT YOU AND YOUR PICKLEBALL CLUB CAN DO?

1. **Create a Medical Emergencies page** on your club website. Here is an example from [Avalon Beach Pickleball Association](#).
2. **Email all members** and encourage them to go to your [club medical emergencies page](#) and/or view [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 get your own club defibrillator.
4. **Consider getting 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](#)



PICKLEBALL COACHING AUSTRALIA (PCA)

Hutch is now founder of Pickleball Coaching Australia (PCA) and profits from his coaching and GRUVN paddles sales go towards supporting CPRfriendly.org. In 2024 PCA will be launching Australian Pickleball Academy Residential Programs. For more information to help improve your pickleball game and save more lives at the same time go to www.PickleballCoachingAustralia.com.au