



HEART CLUB

CAMPUS CLUB TOOLKIT



**JOHN TAYLOR BABBITT
FOUNDATION**

Dedicated to preventing sudden cardiac death

WHAT IS A JTB HEART CLUB?



A **JTB Heart Club** is a campus chapter of the JTB Foundation, a non-profit foundation established to prevent sudden cardiac death. The Foundation is named in honor of **John Taylor Babbitt** who died at age 16 when his heart stopped during a basketball game at his church gym. A **JTB Heart Club** is founded, organized, and run by students on a high school or college campus. The club contributes to the foundation mission by focusing on four goals: **advocacy, education, defibrillators & fundraising**. A campus club should also have an advisor from the faculty or administration according to the school's policy.



4 FUNCTIONS OF THE JTB HEART CLUB

1 ADVOCACY is the promotion of laws, regulations and policies designed to prevent sudden cardiac death. Foremost among these are laws requiring defibrillators in schools, at venues for sporting events, and at places of public gathering. Defibrillator laws vary by state and municipality. Local policies can be set by municipalities and school boards. For many states that do not have comprehensive defibrillator laws there are bills pending. Advocating for the passage of these bills through letter writing, emailing and other lobbying campaigns is an important function of the Foundation. In the state of New Jersey, for example, there are over a dozen bills pending in the House and Senate concerning defibrillators. The Foundation is initiating a large effort to get coordinated and comprehensive legislation passed this year in New Jersey.



2 EDUCATION, involves raising public awareness regarding sudden cardiac death, the medical conditions that can cause it, and the treatments available to save lives. There are a number of heart conditions and genetic disorders that increase the risk of sudden cardiac death, including Hypertrophic Cardiomyopathy (HCM), Dilated Cardiomyopathy, and previous heart attacks. Immediate use of Automatic External Defibrillators (AED's) in conjunction with Cardio Pulmonary Resuscitation (CPR) is critical to the survival of victims undergoing a sudden cardiac arrest. CPR training today includes the use of AED's and the more people who are trained, the more lives can be saved. One of the goals of a JTB Club is to sponsor CPR/AED training for the members of their school and local community. In addition, the JTB Foundation Speakers' Bureau provides lecturers who can speak at your campus to address the prevention of sudden cardiac death from a range of perspectives including genetic, medical, and public health and policy.

3 DEFIBRILLATORS are essential to decrease the risk of death due to sudden cardiac arrest. Campus clubs work to ensure that the buildings and sporting venues on their campuses have defibrillators installed and that there are portable AED, s and policies in place to bring them to away games, camps and other off campus events.

4 FUNDRAISING could be a part of the campus club's mission as it is through fundraising that defibrillators are purchased, CPR/AED training programs are provided, and expenses are covered for letter writing campaigns, speakers' travel, and other activities that the Club sponsors. The Foundation may also offset some of the clubs expenses, depending on the activity. For Clubs in NJ and surrounding states, involvement in the annual Foundation "Walk With Heart" Walk-a-Thon is strongly encouraged.



STEPS TO FORMING A CHAPTER

○ DETERMINE A GROUP OF INTERESTED STUDENTS

It will take a number of students to run a chapter such as this one. Furthermore, in order to obtain an advisor, funding, and validation from your campus you will need to prove that your chapter will have a core of enthusiastic and dedicated members. Getting others involved in your initial planning will help you reach out to more people, get different perspectives and assist in your organizational structure decisions once your club is in place.

○ TALK TO YOUR SCHOOL ADMINISTRATION TO FIND OUT WHAT STEPS YOU MUST TAKE TO FORM A STUDENT GROUP ON YOUR CAMPUS

Your campus will likely provide faculty support and other resources once your group is recognized by the administration. Discover what steps are necessary to be recognized.

○ SET UP A MEETING OR CALL THE JOHN TAYLOR BABBITT FOUNDATION

All clubs are to be registered with the Foundation using the JTB Heart Club Campus Registration and Contact Form. There are a number of resources to support your club, both on-line and through Board Members and Volunteers of the Foundation. Registered clubs will also be connected to our campus networking activities to brainstorm and share the best practices with clubs on other high school and college campuses. Numerous brochures and presentation materials are available to support your presentations and discussions at your respective campuses.

○ CHOOSE A CAMPUS ADVISOR

In many cases, especially for high school campuses, you will need an advisor to get your club recognized by your campus. However, in the case of a college campus, an interested member of the faculty or staff may also be beneficial and help you with your planning. The advisor will help guide the group in the early stages of formation as well as aid the group in organizing fundraiser activities, setting objectives, and planning events.

○ COMPLETE THE APPROPRIATE PAPERWORK FOR YOUR SCHOOL

WHERE DO I GO FOR HELP?

THE JOHN TAYLOR BABBITT FOUNDATION BOARD MEMBERS

The John Taylor Babbitt Foundation board members and volunteers will be a great help to you regarding the organization and maintenance of your campus club. We will be happy to provide guidance and advice, especially in goal setting and event planning.



WHAT NEXT?

Now that you understand what is required of a campus club, it is time to decide whether or not you would like to begin the process of actually becoming one.

IF THE ANSWER IS YES...

Please contact the JTB Foundation at 973-722-1212 or via email at info@jtbfoundation.org. We would be more than pleased to meet with you to further discuss how to go about starting up a Heart Club.

IF THE ANSWER IS NO...

You can still consider volunteer opportunities with existing groups which focus on sudden cardiac death. In this way you can still work for the cause.

If you are located in New Jersey you could also consider participating in the events organized by the John Taylor Babbitt Foundation, including our annual "Walk With Heart". You can visit the foundation website at www.jtbfoundation.org for more information about any of our events or simply give us a call at 973-722-1212.