Moonee Valley Leader

A shock tactic ... just in case

HEALTH   6 SEP 11 @ 11:28AM BY LINH LY

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Doutta Stars has a defibrillator thanks to "Defib Your Club For Life'. Showing off the equipment are (from left) Bruce Runting, Nipper Jordon, Paul Gleeson, Stephen Smith and the campaign director, MICA paramedic Andrew White.TONY GOUGHN06MV30

THE legacy of Rupertswood footballer Stephen Buckman lives on in Essendon.

Doutta Stars Football Club is one of many sporting clubs to receive a free defibrillator thanks to the Defib Your Club For Life program.

The campaign was established by Gisborne MICA paramedic Andrew White, who was off duty at the Rupertswood Football Club the night 19-year-old Stephen died after he had a went in to cardiac arrest during training.

"I've defibrillated hundreds of people and seen the benefits early defibrillation brings," Mr White said.

Doutta Stars president Paul Gleeson said former coach Nipper Jordan and former president Steven Smith sourced the life-saving technology (worth $2400) for the club.

"There has been a spike in incidents where young sportsmen are going into cardiac arrest. Four deaths have been reported across Victoria in 12 months," Mr Gleeson said. "Where there's a fire extinguisher to save a burning home, there should be a defibrillator to save a life. It is a must at all sporting clubs."

The defibrillator diagnoses the heart rhythm and, if needed, sends an electrical current to the heart in an attempt

to put it back to its proper rhythm.

The process is lifesaving. Defibrillator use increases survival from a cardiac arrest by 85 per cent.

Without defibrillation there is only a seven per cent chance of survival.

The footy club will share the unit with Buckley Park Bowling Club, Buckley Park Tennis Club and Buckley Park Cricket Club.

Visit defibforlife.org.au to register an interest in a club defibrillator.

http://www.whereilive.com.au

All times AEST