

In November 2022 CHoR became the first and only Project ADAM affiliate in Virginia. This designation means a team at the hospital can grant the designation of “Project ADAM heart safe school” to any school in the state that meets the criteria to show its preparedness for responding to a sudden cardiac arrest on school grounds.

What is Project ADAM

Project ADAM (Automated Defibrillation in Adam’s Memory) is a national non-profit committed to saving lives through advocacy, education, preparedness and collaboration. It was developed in memory of Wisconsin teen Adam Lemel, who suffered a sudden cardiac arrest, collapsed and died while playing basketball in 1999. Defibrillation with an automated external defibrillator could have saved his life.

An AED is a sophisticated, yet easy to use device that can analyze the heart’s rhythm and automatically deliver an electrical shock when necessary to restore normal rhythm. In partnership with health care affiliates throughout the nation, Project ADAM helps schools and communities ensure they’re prepared to care for students, faculty, staff and visitors who may experience a sudden cardiac arrest like Adam’s.

There are approximately 350,000 sudden cardiac arrests in the U.S. each year, about 90 percent of which are fatal. When you consider 20 percent of a community is in its schools most days – during educational time, sports and other extracurricular activities – many lives can be saved through access to AEDs and proper education and practice to address these medical emergencies when they arise. Over the years, Project ADAM has helped save the lives of more than 200 youth and adults in schools.

Achieving Project Adam designation

There are 14 criteria to achieve designation as a Project ADAM heart safe school, including having on-site AEDs and CPR/AED certified team members, educating staff about the program and emergency response plan, and conducting sudden cardiac arrest drills.



Free services provided by our Project ADAM team

- Hands-only CPR training for school personnel
- AED trainings for school personnel
- AED drills planning
- AED site assessment and budget planning
- CPR and AED documentation logs
- Heart Safe School designation
- Ongoing communication and support

Getting started

If you are a Virginia school team member or parent interested in your school becoming heart safe designated, contact us for details on how to get started:

Dr. John Phillips, medical director

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