



Nominate Your Hero Today!



The **Heroes for Young Hearts** awards recognize individuals who demonstrate a continuous commitment in their local community to raise awareness of Sudden Cardiac Arrest (SCA) in youth by taking specific actions that support the Parent Heart Watch (PHW) mission of protecting youth from Sudden Cardiac Arrest and preventable Sudden Cardiac Death. Nominees are not required to be Parent Heart Watch members.

CATEGORIES INCLUDE

ADVOCACY CHAMPION

Medical or Allied Health Professional

ADVOCACY CHAMPION—YOUTH

(must be 20 years of age or younger)

ADVOCACY CHAMPION—ADULT

(must be 21 years of age or older)

YOUNG SURVIVOR CHAMPION

(must be an SCA survivor 25 years of age or younger)

ADVOCACY CHAMPION LOCAL

(must be from Portland or surrounding area)

NOMINATION PROCESS REQUIREMENTS

- Two (2) submissions—completing an online nomination form and a video submission by September 13, 2024.
- Upon submission of the online nomination, you will receive an email with instructions and tips for creating and uploading a video to our Vimeo platform (see *next page for video details*).
- To be considered by the Selection Committee, nominations should be for one (1) individual per category (no groups) and must include specific details about the actions taken by the nominee between October 2023 and September 2024 to support the PHW mission.

- Nominations not including specific details of the actions of the nominee will be disqualified (i.e. conducted research to support our cause, organized 3 heart screenings, placed 50 AEDs, trained 200 in CPR/AED, etc.)

Awards will be presented on Friday, January 17, 2025 during PHW 20th Annual National Heart to Heart welcome dinner at the DoubleTree by Hilton Portland in Portland, Oregon. PHW covers airfare, hotel accommodations and meals for award winner only, unless the award winner is a minor, then one (1) parent/guardian will also be covered.

For questions, please call 800.717.5828 or email contact@parentheartwatch.org.

Start your online nomination submission via this [Direct Link](#) before September 13, 2024



Parent Heart Watch.

THE NATIONAL VOICE
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST

ParentHeartWatch.org



Heroes For Young Hearts Awards Nomination Video

Rules & Guidelines for Video Submissions

In addition to completing the online application, nominator must also submit a video about the nominee. By following these steps, you can effectively submit a video nomination and increase the chances of your nominee receiving the recognition they deserve.

File Type: MP4 (video recorded with your mobile device is perfect!)

Video Orientation: Landscape (turn your phone sideways)

Video Maximum Length: Two (2) minutes

Video Content: must include live shots and/or images of nominee in action, but also narration answering these questions about why the nominee should be considered—the following information must be included:

1. Full Name of Nominee
2. Organization affiliated with, if any
3. City and State
4. Specify category being nominated for
5. Provide background on the person, e.g. are they an adult or youth community member, sudden cardiac arrest survivor, parent of youth lost or survivor, medical or allied health professional - how are they affiliated with the prevention of sudden cardiac arrest in youth?
6. Clearly describe why the nominee deserves to be recognized; highlight their specific achievements and contributions (heart screenings, CPR/AED training, donating AEDs, speaking, affecting legislation, etc.)

7. Quantify this information, e.g. volunteers at X number of screenings, screened X number of youth, trained X number, placed X number of AEDs and/or AED cabinets, number of speaking presentations and/or number of people spoken to, number of laws supported and/or advocacy meetings

8. Personal statement about the nominee: [Nominee's Name] possesses a rare blend of talent, perseverance, and compassion that sets [him/her] apart. From [specific example or achievement], [he/she] has demonstrated an unwavering commitment to [cause or goal].

Upload Video Submission to Vimeo: Email with video tips and Vimeo upload instructions will be sent to the email address of person who completed online nomination form.

DEADLINE TO SUBMIT: SEPTEMBER 13, 2024

Nominations not including specific details of the actions taken by nominee will be disqualified.

Video Compilation Tip

If you cannot get live video of the nominee, you can use Canva for free to weave your audio and pictures of them into a video submission.

NOTE: By submitting your video, you agree that Parent Heart Watch has the right to use it, in whole or in part, at live event, on the website and across social platforms. Parent Heart Watch reserves the right to review the submitted video, and is not obligated to use or post all submissions.



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