



Alaska's Rank: **27<sup>th</sup> out of 51 States** (including Washington D.C)

Alaska's Score: **47.40 out of 100 Points**

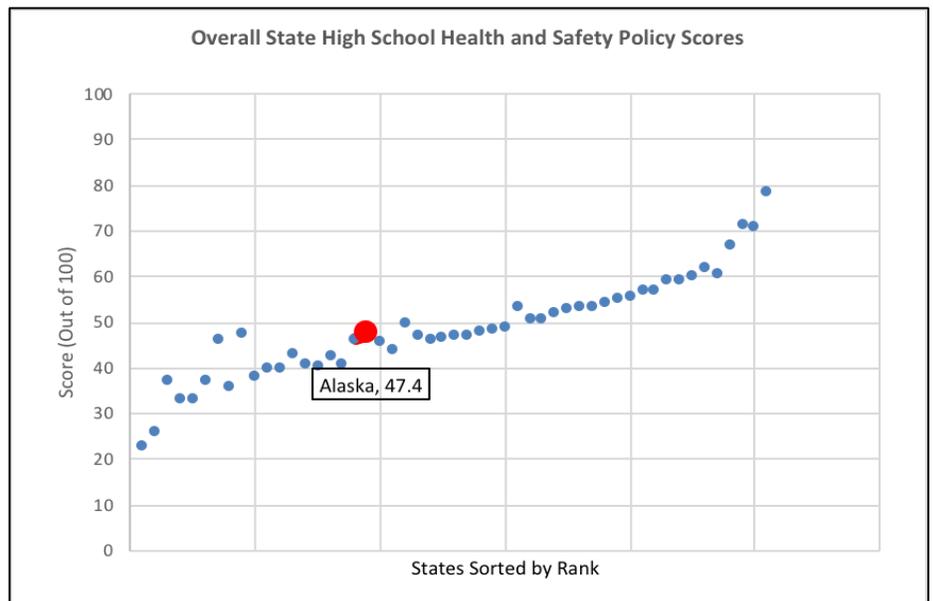
## ABOUT KSI

In the past ten years, 222 children have died from sports related injuries while participating in organized high school athletics. Some of the most common causes of death in sports are sudden cardiac arrest, exertional heat stroke, and traumatic head injury.

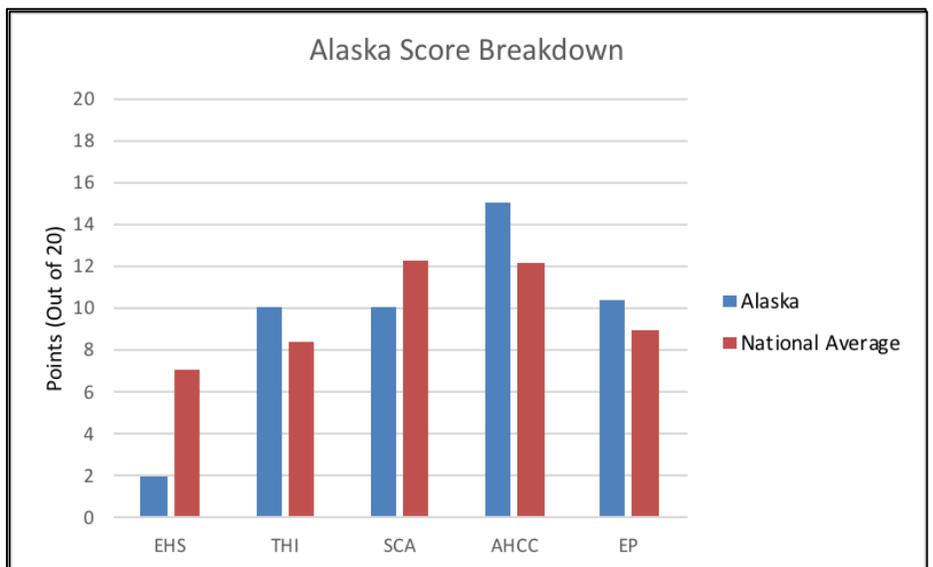
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Alaska School Activities Association (ASAA) and Alaska's legislators have taken to protect athletes.

Ranks and Scores are accurate as of June 2018



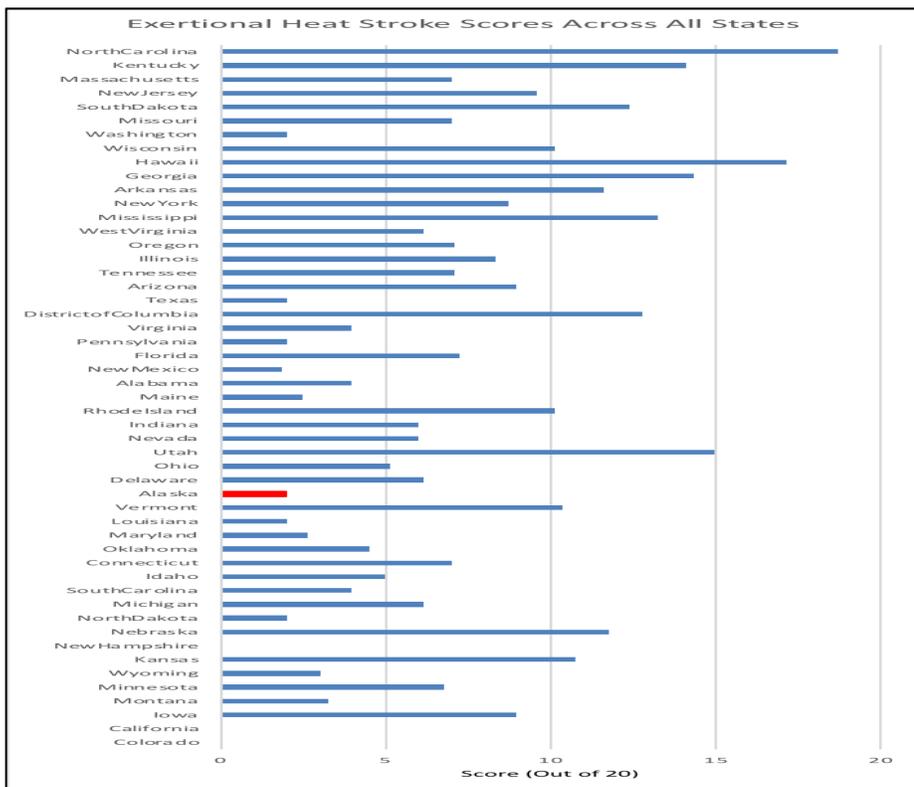
Strengths	Areas for Improvement
<ul style="list-style-type: none"> <li>Healthcare Coverage</li> <li>Traumatic Head Injuries</li> <li>Emergency Preparedness</li> </ul>	<ul style="list-style-type: none"> <li><b>Heat Stroke</b></li> <li>Cardiac Arrest</li> </ul>



### Definitions:

AHCC (Appropriate Healthcare Coverage), EHS (Exertional Heat Stroke), EP (Emergency Preparedness), SCA (Sudden Cardiac Arrest), THI (Traumatic Head Injuries)

# Alaska and Exertional Heat Stroke



Alaska leads the nation when it comes to appropriate healthcare coverage, emergency preparedness and traumatic head injuries!

However, Alaska has room to grow with exertional heat stroke and sudden cardiac arrest.

Exertional Heat Stroke can occur at mild temperatures and low humidity. Focusing on heat acclimatization, WBGT, and cold-water immersion policies would bring Alaska from 27<sup>th</sup> to 5<sup>th</sup> overall in the rankings!

Exertional Heat Stroke is **100% Survivable** with proper recognition and treatment.

## Exertional Heat Stroke Policies

### What Can You Do?

Reach out to the Alaska School Activities Association (ASAA). Make sure the officials responsible for student-athlete safety are using best practices.

ASAA Executive Director  
Billy Strickland  
Email: [billy@asaa.org](mailto:billy@asaa.org)

ASAA Associate Executive Director  
Rus Schreckenghost (Schreck)  
Email: [schreck@asaa.org](mailto:schreck@asaa.org)

ASAA Associate Director  
Sandi Wagner  
Email: [sandi@asaa.org](mailto:sandi@asaa.org)

### Policies Currently in Place for Alaska

**Policy 3EHS:** Require 4th Edition PPE forms from American Academy of Pediatrics or equivalent

### Possible Improvements for Alaska

**Policy 1H:** Days 1-5 are the first formal practices. No more than 1 practice occurs per day

**Policy 2H:** In days 1-5, total practice time should not exceed 3 hours in any 1 day

**Policy 3H:** On days 1-5, 1-hour maximum walk-through is permitted, however there must be a 3 hour minimum between practice and walk-through (or vice versa)

**Policy 4H:** During days 1-2 of first formal practices, a helmet should be the only protective equipment permitted (if applicable). During days 3-5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.

Football only: on days 3-5, contact with blocking sleds and tackling dummies may be initiated. Full-contact sports: 100% life contact drills should begin no earlier than day 6

**Policy 5H:** Day 6-14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double practice day is permitted after the rest day.