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 the District of Columbia State Athletic Association (DCSAA) and the District of Columbia’s legislators have taken to protect athletes.

Ranks and Scores are accurate as of June 2018

Definitions:
AHCC (Appropriate Healthcare Coverage), EHS (Exertional Heat Stroke), EP (Emergency Preparedness), SCA (Sudden Cardiac Arrest), THI (Traumatic Head Injuries)
District of Columbia and Traumatic Head Injury

What Can You Do?

Reach out to the District of Columbia State Athletic Association (DCSAA). Make sure the officials responsible for student-athlete safety are using best practices.

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Clark Ray
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Statewide Program Coordinator of Athletics
Michael Williams
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DCSAA Director of Sports and Activities
Kenneth Owens
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Every Day 153 People Die From Traumatic Brain-Related Injuries.

Traumatic Head Injury Policies

Policies in Place for the District of Columbia

Policy 3THI: Athletes not permitted to return to activity on the same day if a concussion is suspected
Policy 4THI: Athletes not permitted to return to activity until cleared by an appropriate healthcare professional (MD, ATC, PA, APRN)
Policy 6THI: A minimum of a 5-step graduated return to play protocol before full return to activity. No more than 2 phases in any one day. If symptoms return during any one step, athlete must regress to previous step

Possible Improvements for the District of Columbia

Policy 1THI: Heads up Football training for football coaches
Policy 2THI: Heads up Football Training for all coaches
Policy 5THI: Athletes are not permitted to return to play until they fully return to school