



Idaho's Rank: **37<sup>th</sup> out of 51 States** (including Washington D.C)

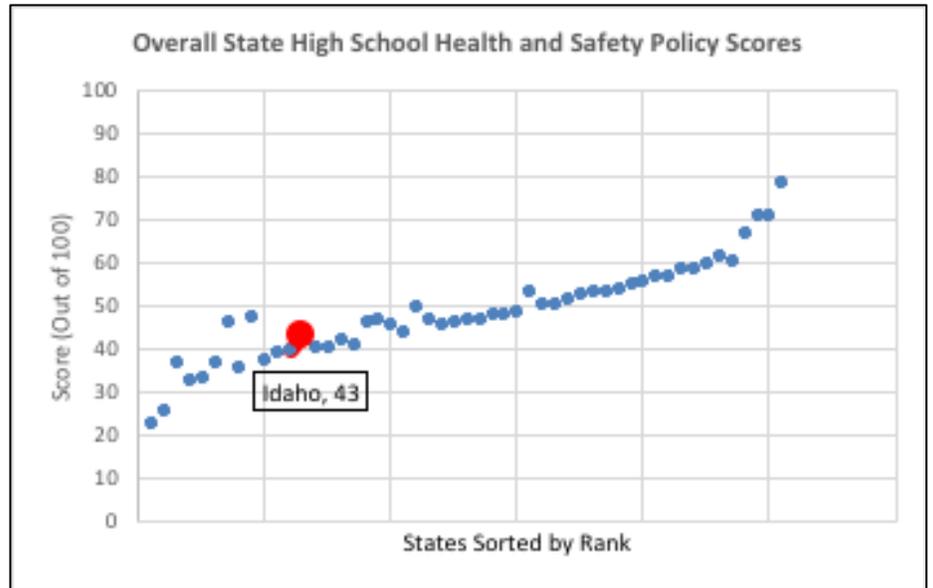
Idaho's Score: **43.00 out of 100 Points**

## ABOUT KSI

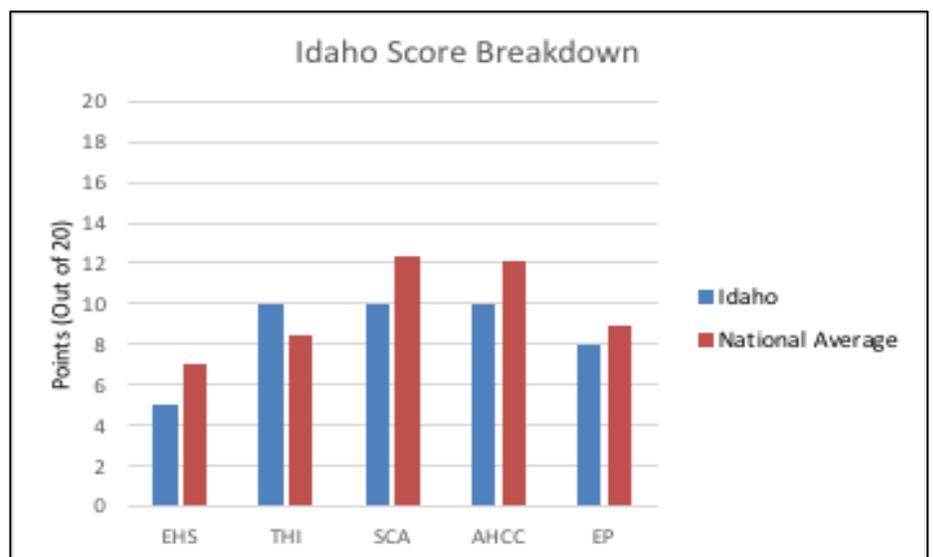
In the past ten years, 222 children have died from sports related injuries while participating in organized high school athletics. Some of the most common causes of death in sports are sudden cardiac arrest, exertional heat stroke, and traumatic head injury.

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 Idaho High School Activities Association (IHSAA) and Idaho's legislators have taken to protect athletes.



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

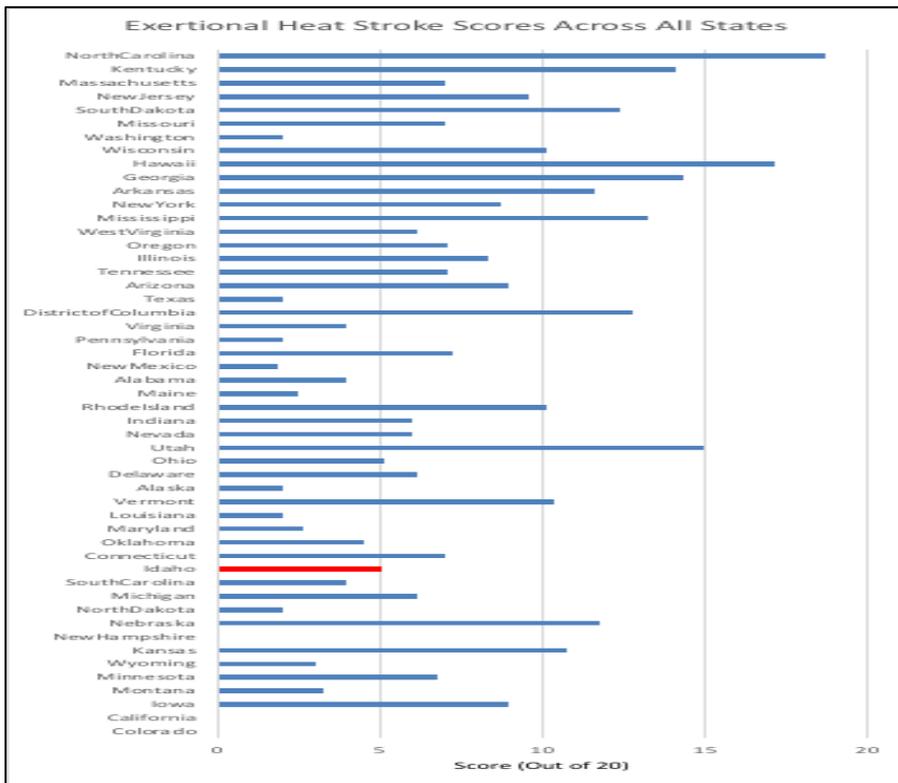


Ranks and Scores are accurate as of June 2018

**Definitions:**

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

# Idaho and Exertional Heat Stroke



Idaho performs extremely well in Traumatic Head Injuries and around the national average for Emergency Preparedness.

Idaho has the most room to improve in Exertional Heat Stroke, Appropriate Healthcare Coverage, and Sudden Cardiac Arrest.

Exertional Heat Stroke is the area where Idaho falls farthest below the national average. By passing policies Idaho can increase its ranking from 37<sup>th</sup> to 26<sup>th</sup> according to current data!

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

## Exertional Heat Stroke Policies

### What Can You Do?

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

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**IHSAA Assistant Director**  
Julie Hammons  
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### Policies Currently in Place for Idaho

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

### Possible Improvements for Idaho

**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.