



Maine's Rank: **29th out of 51 States** (including Washington D.C)

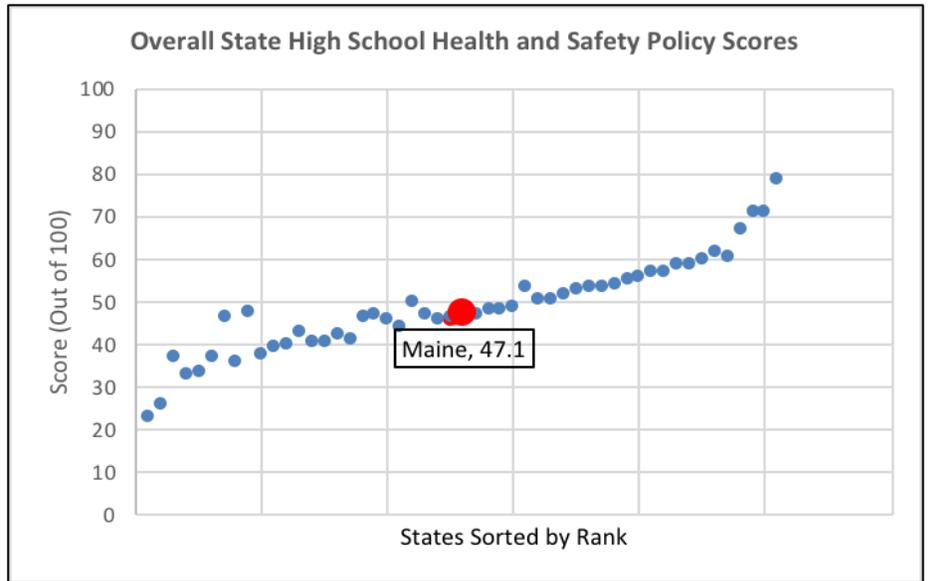
Maine's Score: **47.10 out of 100 Points**

ABOUT KSI

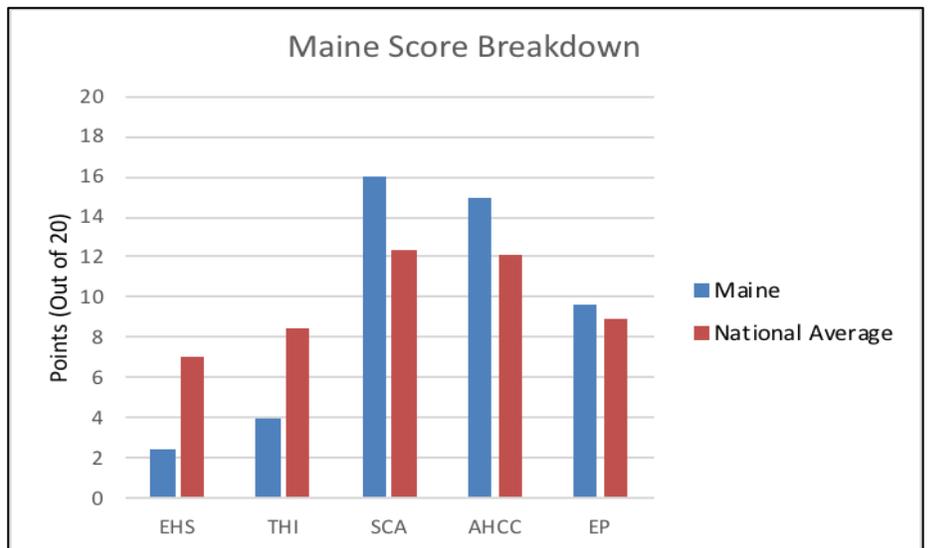
In the past ten years, 222 children have died from sports related injuries while participating in organized high school athletics. Some of the most common causes of death in sports are sudden cardiac arrest, exertional heat stroke, and traumatic head injury.

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 Maine Principals' Association (MPA) and Maine's legislators have taken to protect athletes.



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

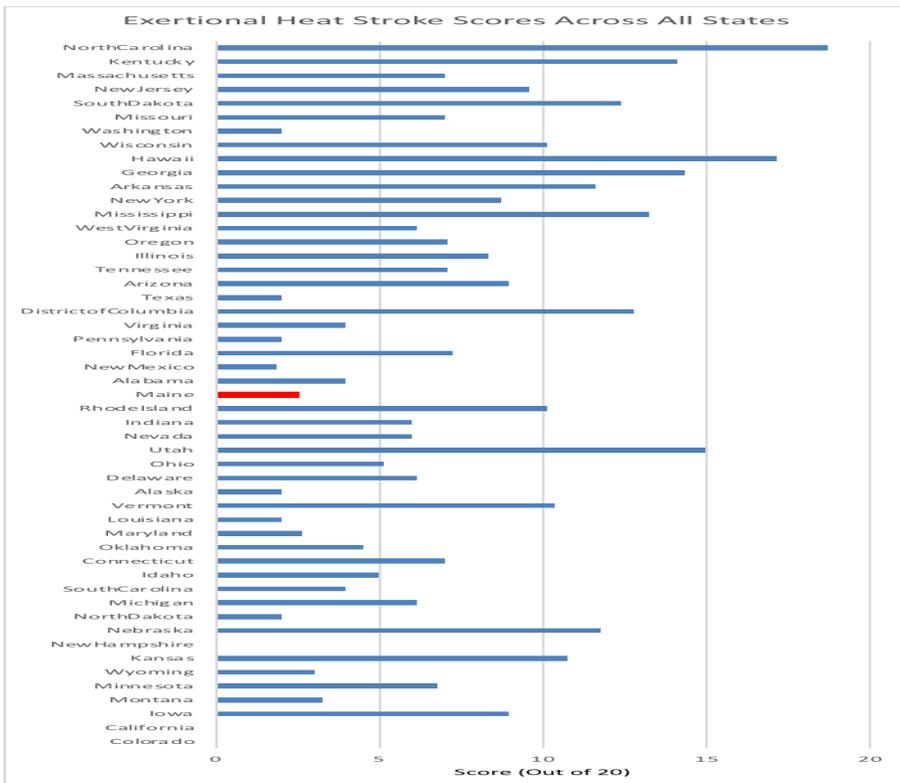


Ranks and Scores are accurate as of June 2018

Definitions:

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

Maine and Exertional Heat Stroke



Maine scores among the best when it comes to providing appropriate healthcare coverage, emergency preparedness and sudden cardiac arrest.

However, Maine has room to grow with traumatic head injuries and exertional heat stroke in particular.

The area that Maine falls the farthest behind is exertional heat stroke. Improving policies will bring Maine into the top 5 states overall according to current rankings!

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

Specific Heat Stroke Policies

What Can You Do?

Reach out to the Maine Principals' Association (MPA). Make sure the officials responsible for student-athlete safety are using best practices.

MPA Executive Director
Richard Durost
Email: ddurost@mpa.cc

MPA Assistant Executive Director
Michael Burnham
Email: mburnham@mpa.cc

MPA Assistant Executive Director
Holly Couturier
Email: hcouturier@mpa.cc

Policies Currently in Place for Maine

Policy 1W: State requires all schools to have a heat modification policy

Policy 3W: The recommended heat policy is based off of Heat Index (adequate alternative if WBGT is unavailable)

Policy 4W: The environmental conditions guidelines are based off of epidemiological data specific to that state/region (for bigger states a more comprehensive analysis may be needed)

Policy 6W: Policy includes modification of equipment (if applicable to the sport)

Possible Improvements for Maine

Policy 2W: The heat policy is based off of WBGT (optimal measurement)

Policy 5W: The heat policy has at minimum 4 levels of modification, including the modification of practice time

Policy 7W: Policy includes modification of work-to-rest ratios, including unrestricted access to fluids

Policy 8W: Policy mentions the use of a shaded area for rest breaks