



Michigan's Rank: **43rd out of 51 States** (including Washington D.C)

Michigan's Score: **39.73 out of 100 Points**

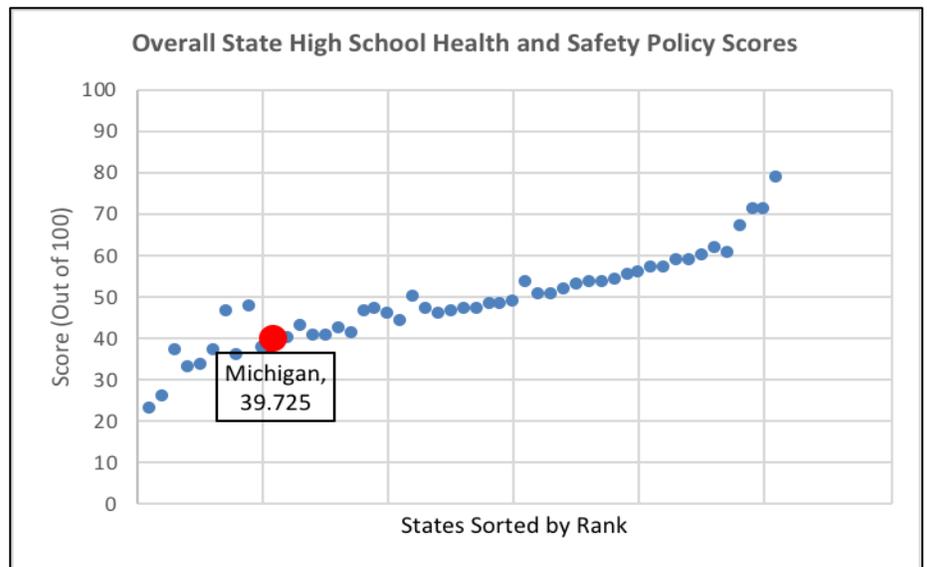
ABOUT KSI

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.

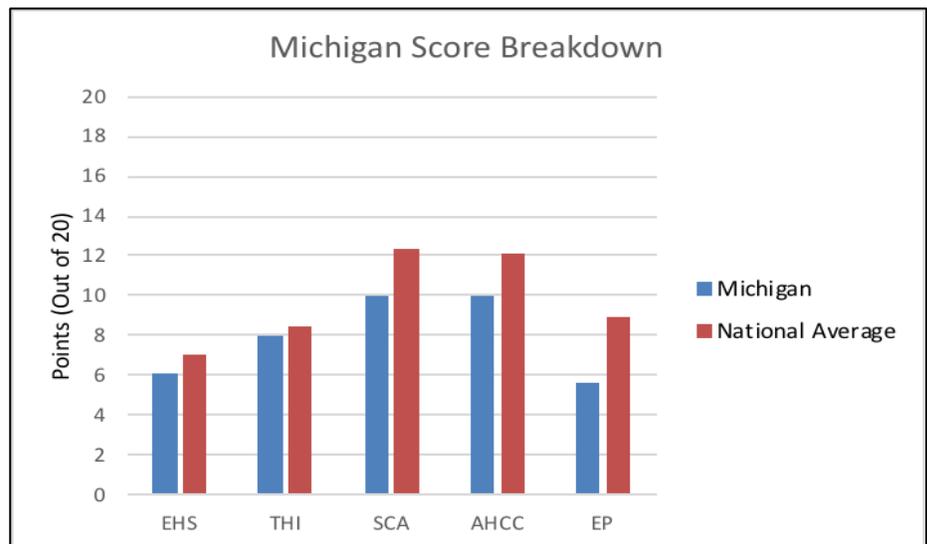
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Michigan High School Athletic Association (MHSAA) and Michigan's legislators have taken to protect athletes.

Ranks and Scores are accurate as of June 2018



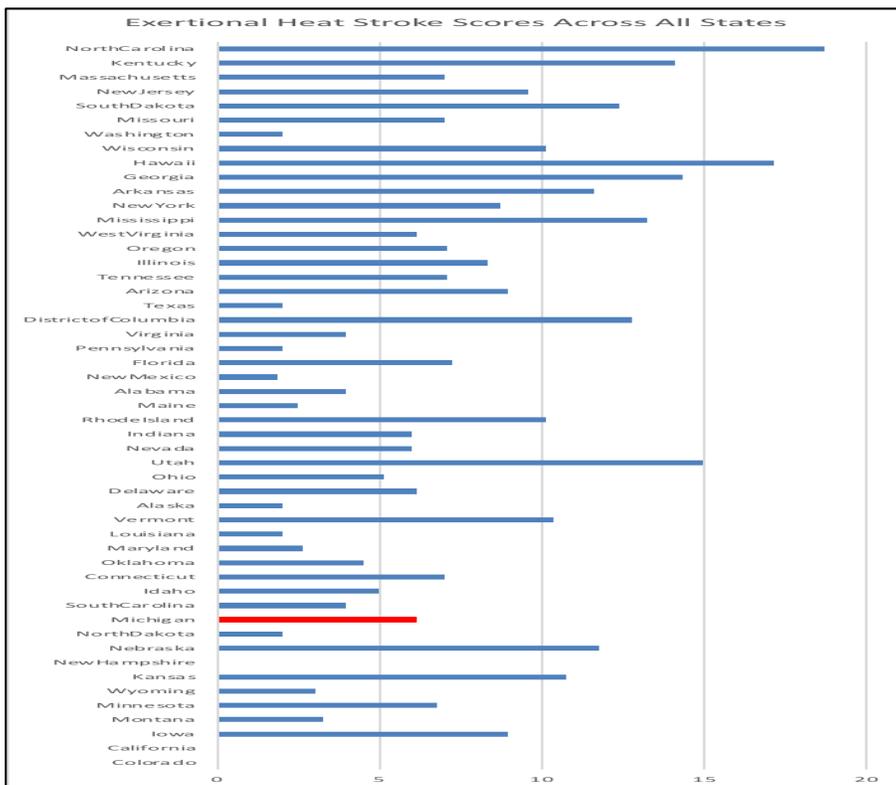
Strengths	Areas for Improvement
<ul style="list-style-type: none"> Traumatic Head Injuries 	<ul style="list-style-type: none"> Emergency Preparedness Heat Stroke Cardiac Arrest Healthcare Coverage



Definitions:

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

Michigan and Exertional Heat Stroke



Michigan stands at the national average for Traumatic Head Injuries.

However, Michigan has more room to grow with regards to Emergency Preparedness, Appropriate Healthcare Coverage, Exertional Heat Stroke, and Sudden Cardiac Arrest.

In particular, improving policies around Exertional Heat Stroke will bring Michigan from 43rd to 15th.

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

Exertional Heat Stroke Policies

What Can You Do?

Reach out to the Michigan High School Athletic Association (MHSAA). Make sure the officials responsible for student-athlete safety are using best practices.

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Policies Currently in Place for Michigan

- Policy 1W:** State requires all schools to have a heat modification policy
- Policy 5W:** The heat policy has at minimum 4 levels of modification, including the modification of practice time
- Policy 6W:** Policy includes modification of equipment (if applicable to the sport)
- Policy 7W:** Policy includes modification of work-to-rest ratios, including unrestricted access to fluids

Possible Improvements for Michigan

- Policy 1W:** State requires all schools to have a heat modification policy
- Policy 2W:** The heat policy is based off of WBGT (optimal measurement)
- 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 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)