New Hampshire’s Rank: **47th out of 51 States** (including Washington D.C)

New Hampshire’s Score: **36.00 out of 100 Points**

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**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 New Hampshire Interscholastic Athletic Association (NHIAA) and New Hampshire’s legislators have taken to protect athletes.

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**Definitions:**

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

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Ranks and Scores are accurate as of June 2018
Exertional Heat Stroke is **100% Survivable** with proper recognition and treatment.

New Hampshire leads the nation when it comes to providing appropriate healthcare coverage, and also performs well in emergency preparedness.

However, New Hampshire has room to grow with traumatic head injuries, sudden cardiac arrest, and exertional heat stroke in particular.

New Hampshire falls behind in exertional heat stroke. Improving policies will bring New Hampshire up from 47th to 21st according to current rankings!

### Possible Improvements for New Hampshire

**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.

What Can You Do?

Reach out to the New Hampshire Interscholastic Athletic Association (NHIAA). Make sure the officials responsible for student-athlete safety are using best practices.