New Jersey’s Rank: 4th out of 51 States (including Washington D.C)

New Jersey’s Score: 67.03 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 New Jersey State Interscholastic Athletic Association (NJSIAA) and New Jersey’s legislators have taken to protect athletes.

Ranks and Scores are accurate as of October 2017

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

Every Day **153 People Die** From Traumatic Brain-Related Injuries.

### Traumatic Head Injury Policies

#### Policies Currently in Place for New Jersey

**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 5THI:** Athletes are not permitted to return to play until they fully return to school

**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 New Jersey

**Policy 1THI:** Heads up Football training for football coaches

**Policy 2THI:** Heads up Football Training for all coaches

**Policy 7THI:** Require 4th Edition PPE forms from American Academy of Pediatrics of equivalent - Concussion

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### What Can You Do?

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

**NJSIAA Executive Director**
Steven Timko
Email: stimko@njsiaa.org

**NJSIAA Assistant Director**
Jack Dubois
Email: jdubois@njsiaa.org

**NJSIAA Assistant Director**
Bill Bruno
Email: bbruno@njsiaa.org

New Jersey leads the nation when it comes to appropriate healthcare coverage, emergency preparedness, and sudden cardiac arrest, while also performing well in exertional heat stroke!

However, New Jersey has room to grow with traumatic head injuries.

Traumatic Head Injuries are the only place New Jersey scores below the national average. Improving policies in this area will move New Jersey into 1st place according to current rankings!