



New Mexico's Rank: **25th out of 51 States** (including Washington D.C)

New Mexico's Score: **48.08 out of 100 Points**

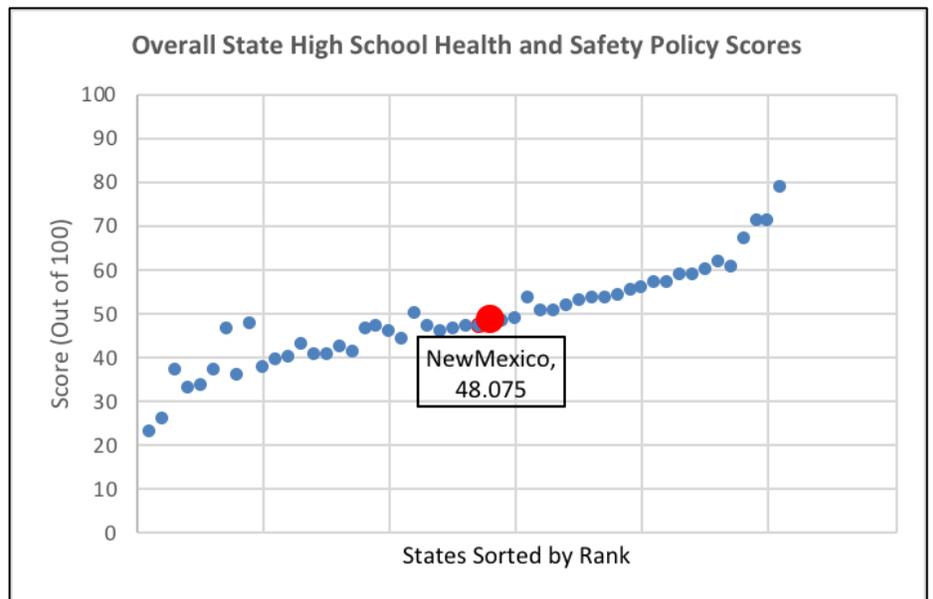
ABOUT KSI

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.

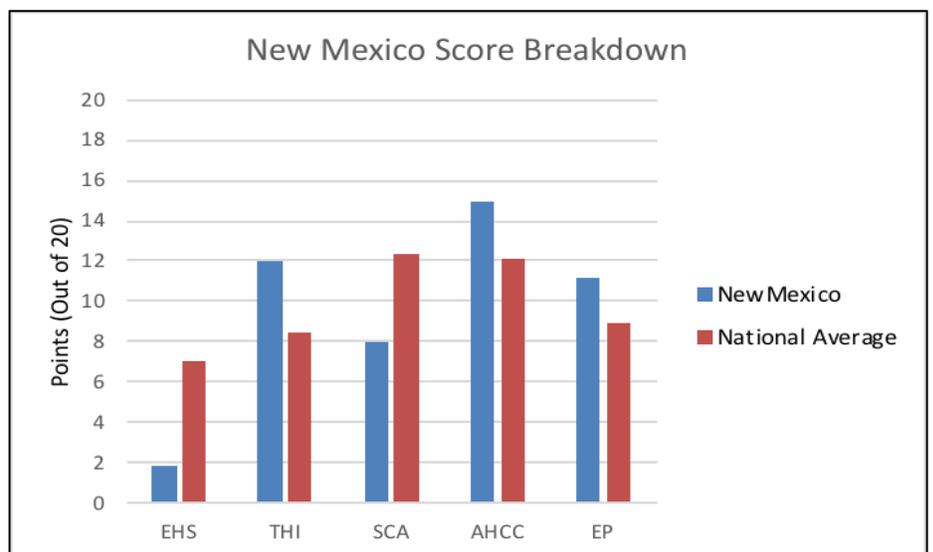
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that New Mexico Activities Association (NMAA) and New Mexico's legislators have taken to protect athletes.

Ranks and Scores are accurate as of June 2018



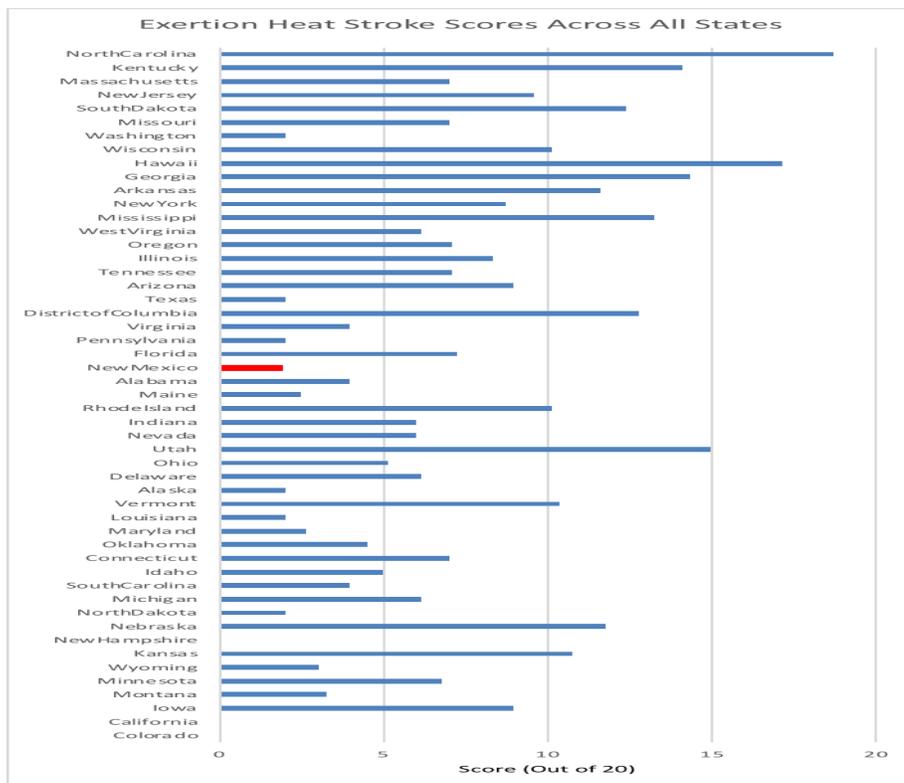
Strengths	Areas for Improvement
<ul style="list-style-type: none"> Healthcare Coverage Emergency Preparedness Traumatic Head Injuries 	<ul style="list-style-type: none"> Exertional Heat Stroke Sudden Cardiac Arrest



Definitions:

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

New Mexico and Exertional Heat Stroke



New Mexico scores very well when it comes to Appropriate Healthcare Coverage, Emergency Preparedness, and Traumatic Head Injuries.

However, New Mexico has room to grow with Sudden Cardiac Arrest and Exertional Heat Stroke.

New Mexico falls farthest behind the national average in the Exertional Heat Stroke Category. Improving policies in this area could move New Mexico from 25th to 5th according to current rankings!

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

Exertional Heat Stroke Policies

What Can You Do?

Reach out to the New Mexico Activities Association (NMAA). Make sure the officials responsible for student-athlete safety are using best practices.

NMAA Executive Director
Sally Marquez
Email: sally@nmact.org

NMAA Associate Director
Dusty Young
Email: dusty@nmact.org

NMAA Assistant Director of Sports
Scott Owen
Email: s.owen@nmact.org

Policies Currently in Place for New Mexico

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

Possible Improvements for New Mexico

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

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)

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