



North Dakota's Rank: **44th out of 51 States** (including Washington D.C)

North Dakota's Score: **38.00 out of 100 Points**

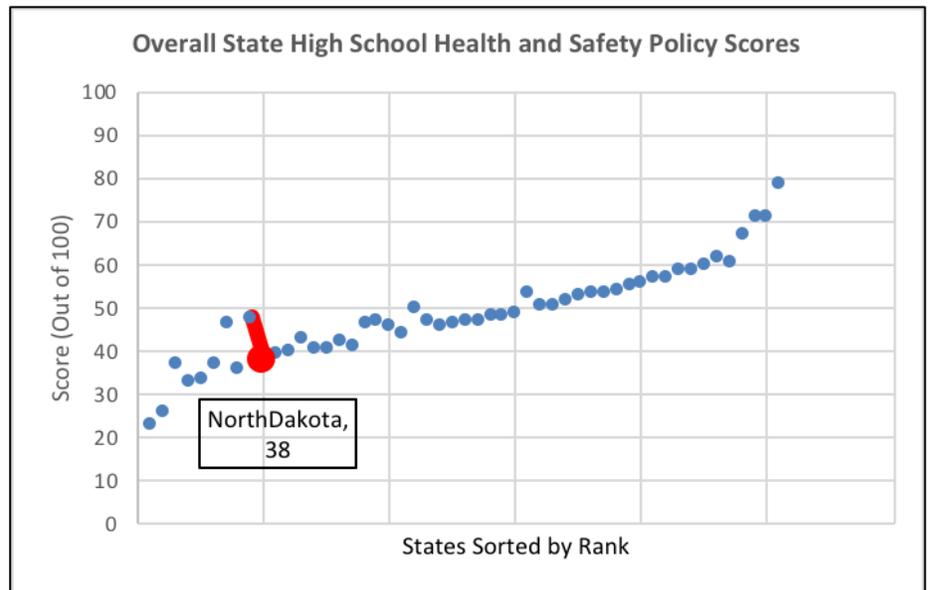
ABOUT KSI

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.

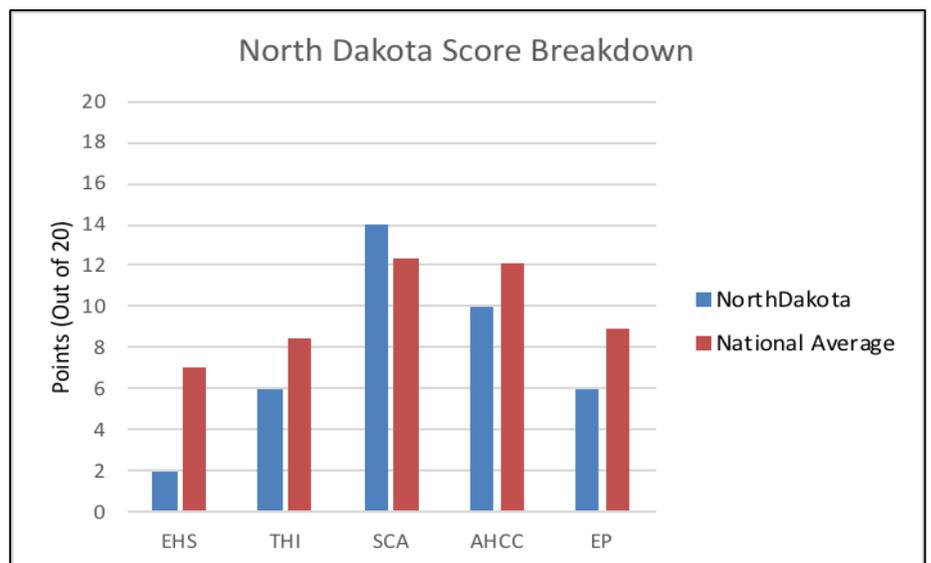
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

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

Ranks and Scores are accurate as of June 2018



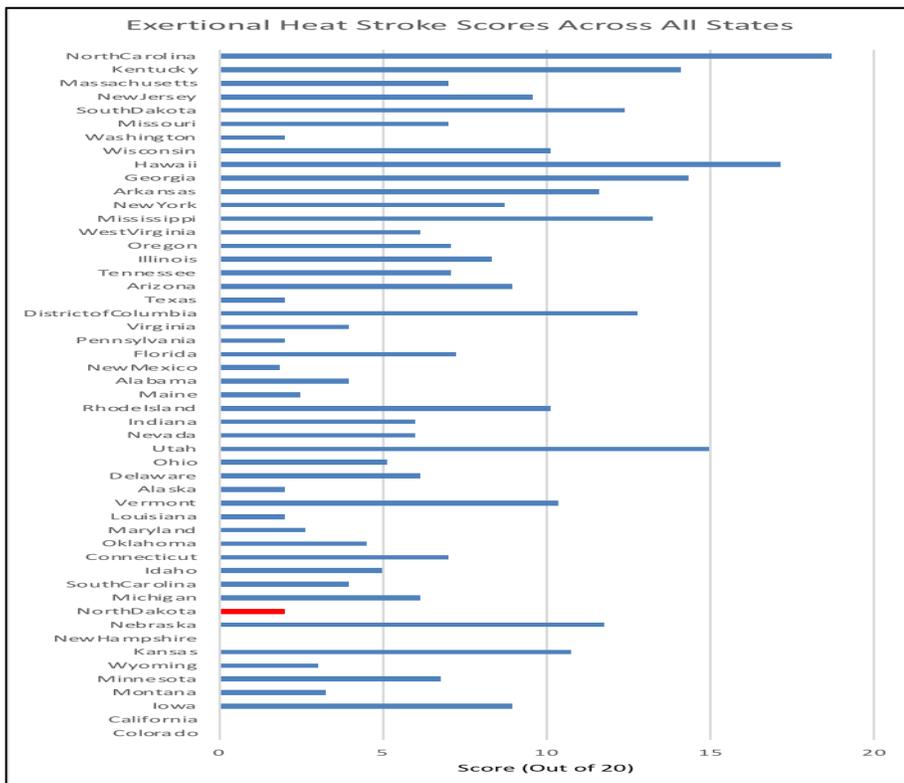
Strengths	Areas for Improvement
<ul style="list-style-type: none"> Sudden Cardiac Arrest Healthcare Coverage 	<ul style="list-style-type: none"> Exertional Heat Stroke Emergency Preparedness Traumatic Head Injuries



Definitions:

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

North Dakota and Exertional Heat Stroke



North Dakota scores very well when it comes to Sudden Cardiac Arrest and Appropriate Healthcare Coverage.

There is room for North Dakota to improve in the Emergency Preparedness, Traumatic Head Injuries, and Exertional Heat Stroke.

The area where North Dakota falls farthest behind the national average is Exertional Heat Stroke. By improving policies in this category, North Dakota can move up from 44th to 15th place!

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

Exertional Heat Stroke Policies

What Can You Do?

Reach out to the North Dakota High School Activities Association (NDHSAA). Make sure the officials responsible for student-athlete safety are using best practices.

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Possible Improvements for North Dakota

- 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.
- Policy 6H:** On a double-practice day, neither practice day should exceed 3 hours in duration, and no more than 5 total hours of practice in the day. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time.
- Policy 7H:** On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment.