Ohio’s Rank: 36th out of 51 States (including Washington D.C)  
Ohio’s Score: 43.93 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 Ohio High School Athletic Association (OHSAA) and Ohio’s legislators have taken to protect athletes.

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**Strengths** | **Areas for Improvement**
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- Head Injuries | - Heat Stroke
- Emergency Preparedness | - Cardiac Arrest
- Heat Stroke | - Healthcare Coverage

**Ohio Score Breakdown**

- Points (Out of 20)
- EHS  | 12 | National Average  | 10
- THI  | 12 | National Average  | 10
- SCA  | 12 | National Average  | 10
- AHCC | 12 | National Average  | 10
- EP   | 12 | National Average  | 10

**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
Ohio and Exertional Heat Stroke

Ohio scores among the nation’s best in both Emergency Preparedness and Traumatic Head Injury categories!

However, Ohio has room to improve with Exertional Heat Stroke, Sudden Cardiac Arrest, and Appropriate Healthcare Coverage.

By simply improving Exertional Heat Stroke policies, Ohio can leap up from 36th to 11th place in the rankings!

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

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### Specific Heat Stroke Policies

**Policies Currently in Place for Ohio**

**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

**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 Ohio**

**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 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 8W:** Policy mentions the use of a shaded area for rest breaks

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### What Can You Do?

Reach out to the Ohio High School Athletic Association (OHSAA).

Make sure the officials responsible for student-athlete safety are using best practices.

OSHAA Executive Director
Daniel Ross
Email: dross@oshaa.org

OSHAA Senior Director of Compliance and Sports Medicine
Deborah Moore
Email: dmoore@oshaa.org

OSHAA Senior Director of Operations
Bob Goldring
Email: bgoldring@oshaa.org