Pennsylvania’s Rank: **23rd out of 51 States** (including Washington D.C)

Pennsylvania’s Score: **49.00 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 Pennsylvania Interscholastic Athletic Association (PIAA) and Pennsylvania’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

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Pennsylvania and Exertional Heat Stroke

Pennsylvania scores among the nation’s best in both Appropriate Healthcare Coverage, Emergency Preparedness and Sudden Cardiac Arrest!

However, Pennsylvania has room to improve with Exertional Heat Stroke and Traumatic Head Injuries.

By simply improving Exertional Heat Stroke policies, Pennsylvania can leap up from 23rd to 7th place in the rankings!

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

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### Specific Heat Stroke Policies

**Policies Currently in Place for Pennsylvania**

**Policy 3EHS:** Require 4th Edition PPE forms from American Academy of Pediatrics of equivalent - Heat Stroke

**Possible Improvements for Pennsylvania**

**Policy 1W:** State requires all schools to have a heat modification policy

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

**Policy 3W:** The recommended heat policy is based off of Heat Index (adequate alternative if WBGT is unavailable)

**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 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

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

**Policy 1EHS:** Cold Water Immersion tubs for onsite cooling for all warm weather practices

**Policy 2EHS:** If exertional heat stroke is suspected, onsite cooling using cold water immersion before transport to the hospital

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### What Can You Do?

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

**PIAA Executive Director**
Robert Lombardi
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**PIAA Associate Executive Director**
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