



Texas's Rank: **20<sup>th</sup> out of 51 States** (including Washington D.C)

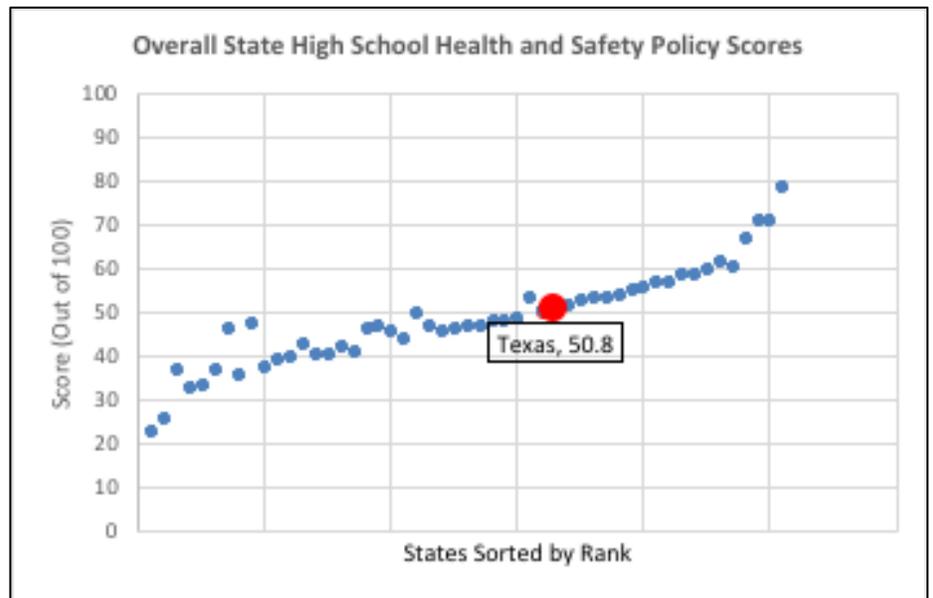
Texas's Score: **50.80 out of 100 Points**

## ABOUT KSI

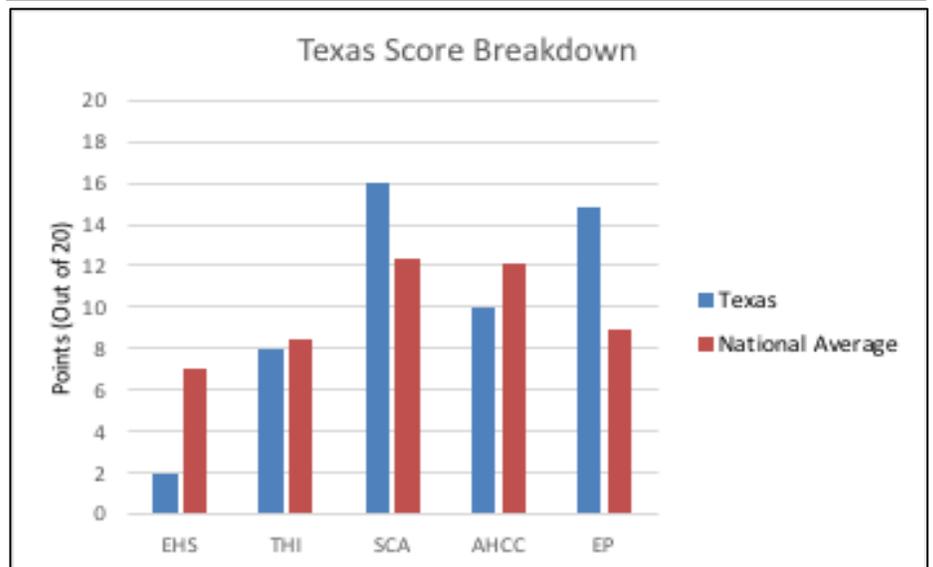
In the past ten years, 222 children have died from sports related injuries while participating in organized high school athletics. Some of the most common causes of death in sports are sudden cardiac arrest, exertional heat stroke, and traumatic head injury.

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 the University Interscholastic League (UIL) and Texas's legislators have taken to protect athletes.



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

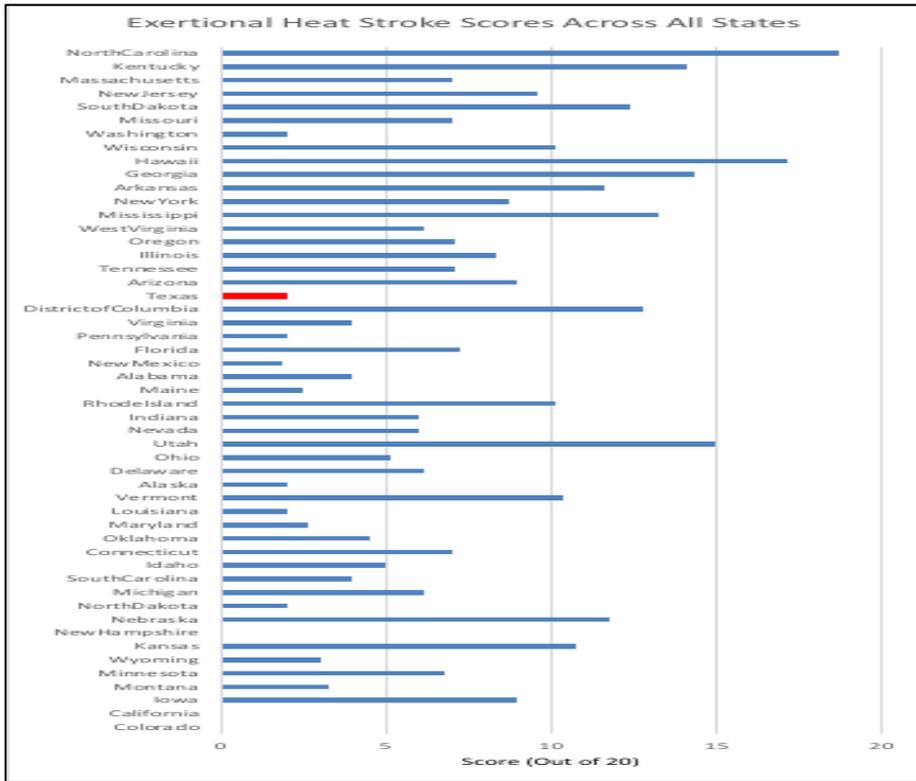


Ranks and Scores are accurate as of June 2018

### Definitions:

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

# Texas and Exertional Heat Stroke



Texas scores among the nation's leaders in the Emergency Preparedness and Sudden Cardiac Arrest Categories.

Texas has room to improve with Traumatic Head Injury, Appropriate Healthcare Coverage, and Exertional Heat Stroke categories.

Texas falls farthest behind the national average in Exertional Heat Stroke. Passing policies in this area could move Texas from 20<sup>th</sup> to 10<sup>th</sup>!

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

## Exertional Heat Stroke Policies

### What Can You Do?

Reach out to the University Interscholastic League (UIL). Make sure the officials responsible for student-athlete safety are using best practices.

**UIL Executive Director**  
Charles Breithaupt  
Email: [director@uiltexas.org](mailto:director@uiltexas.org)

**UIL Deputy Director**  
Jamey Harrison  
Email: [info@uiltexas.org](mailto:info@uiltexas.org)

**UIL Chief of Staff**  
Kim Carmichael  
Email: [cos@uiltexas.org](mailto:cos@uiltexas.org)

### Possible Improvements for Texas

**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.