



Vermont's Rank: **32<sup>nd</sup> out of 51 States** (including Washington D.C)

Vermont's Score: **46.38 out of 100 Points**

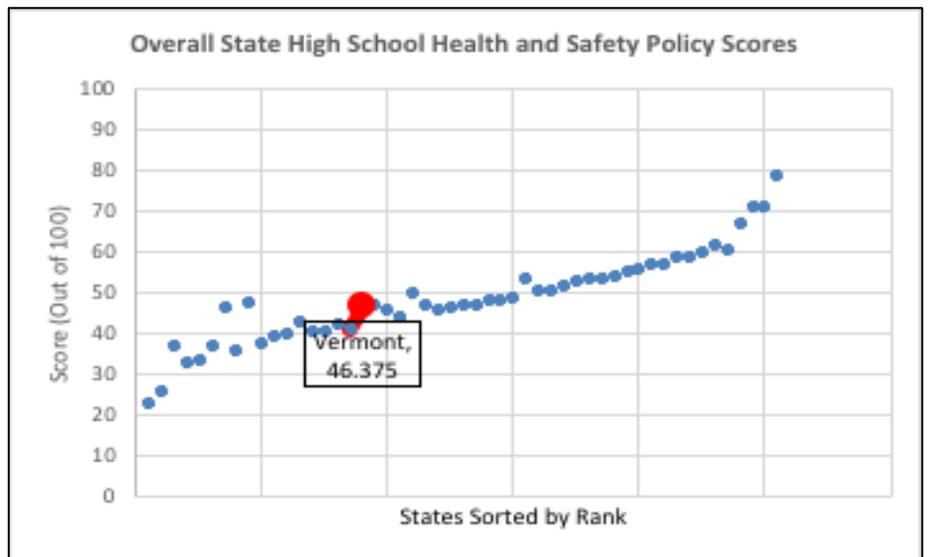
## ABOUT KSI

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.

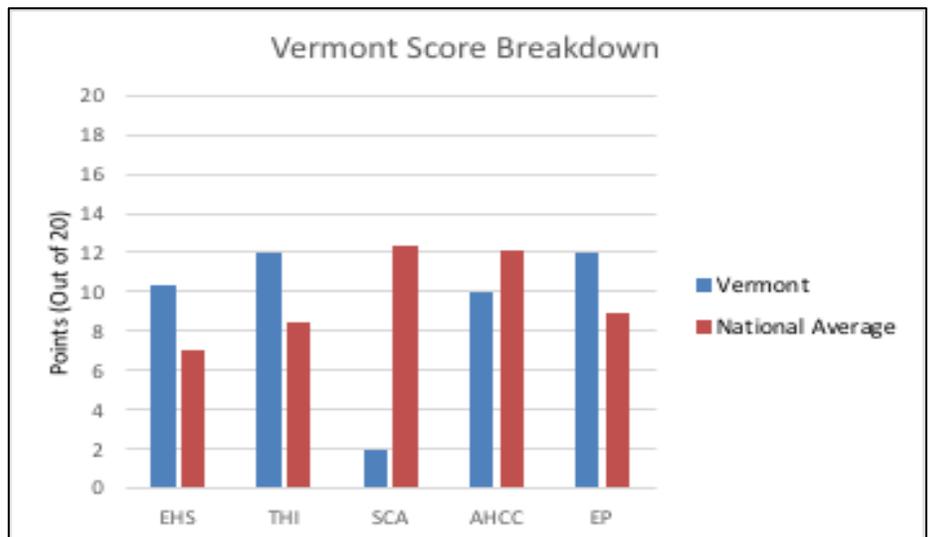
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Vermont Principals' Association (VPA) and Vermont's legislators have taken to protect athletes.

Ranks and Scores are accurate as of June 2018



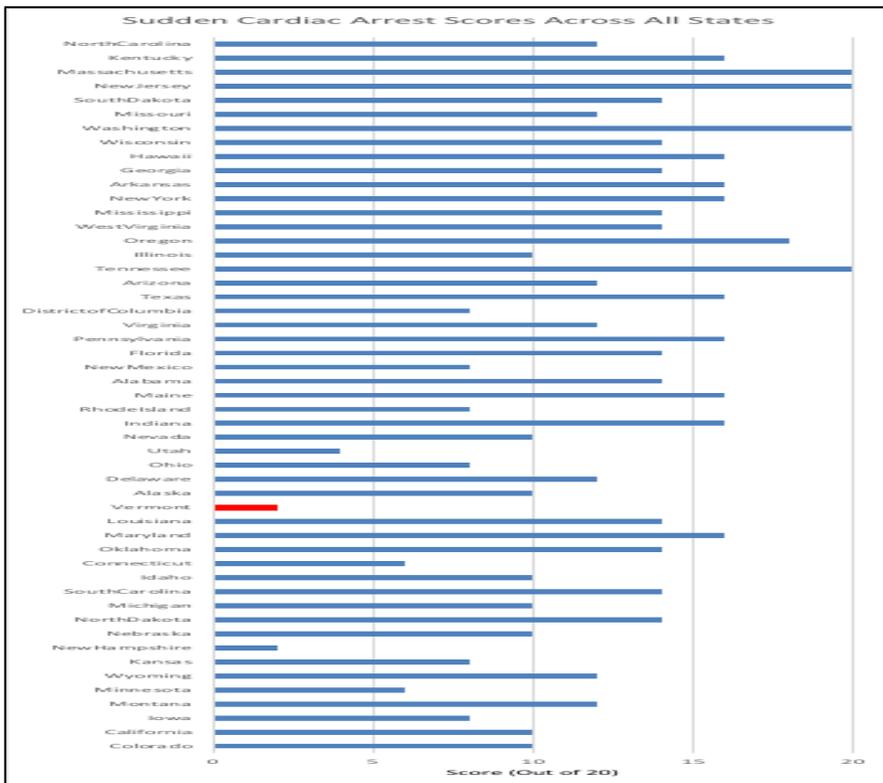
Strengths	Areas for Improvement
<ul style="list-style-type: none"> <li>Head Injuries</li> <li>Heat Stroke</li> <li>Emergency Preparedness</li> </ul>	<ul style="list-style-type: none"> <li><b>Cardiac Arrest</b></li> <li>Healthcare Coverage</li> </ul>



### Definitions:

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

# Vermont and Sudden Cardiac Arrest



Vermont is among the nation's leaders in health and safety policies relating to Exertional Heat Stroke, Emergency Preparedness, and Traumatic Head Injuries.

In Appropriate Healthcare Coverage and Sudden Cardiac Arrest, Vermont has room to grow.

Improving policies around AEDs will shoot Vermont to the top of the leaderboard from 32<sup>nd</sup> place to 6<sup>th</sup>!

Cardiac Arrest survival rates **decrease 7-10%** for every minute that defibrillation is delayed.

## Specific Cardiac Arrest Policies

### What Can You Do?

Reach out to the Vermont Principals' Association (VPA). Make sure the officials responsible for student-athlete safety are using best practices.

VPA Executive Director  
Jay Nichols  
Email: [jnichols@vpaonline.org](mailto:jnichols@vpaonline.org)

VPA Associate Executive Director  
Bob Johnson  
Email: [bjohnson@vpaonline.org](mailto:bjohnson@vpaonline.org)

VPA Finance and Office Manager  
Delina Benway  
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### Policies Currently in Place for Vermont

**Policy 8A:** AEDs should be inspected frequently to ensure proper working order. This includes making sure the batteries are charged, and wires and electrodes are in good condition.

### Possible Improvements for Vermont

**Policy 1A:** AEDs are to be used under the advice and consent of a physician by individuals with proper training and certification.

**Policy 2A:** AED should be stored in a safe place.

**Policy 3A:** All athletic trainers, coaches, administrators, school nurses, and physical education teachers should have access to an AED on school property.

**Policy 4A:** Institutions sponsoring athletic events/activities should have a AED on site or access to one at each athletic venue for practices, games, or other athletic events.

**Policy 5A:** Personnel should be provided annual training and certification in cardiopulmonary resuscitation (CPR) and AED use.

**Policy 6A:** Location of AED should be well marked, publicized, accessible and known among trained staff.

**Policy 7A:** The AED should be used only after enacting the EMS system.