



Washington's Rank: **7th out of 51 States** (including Washington D.C)

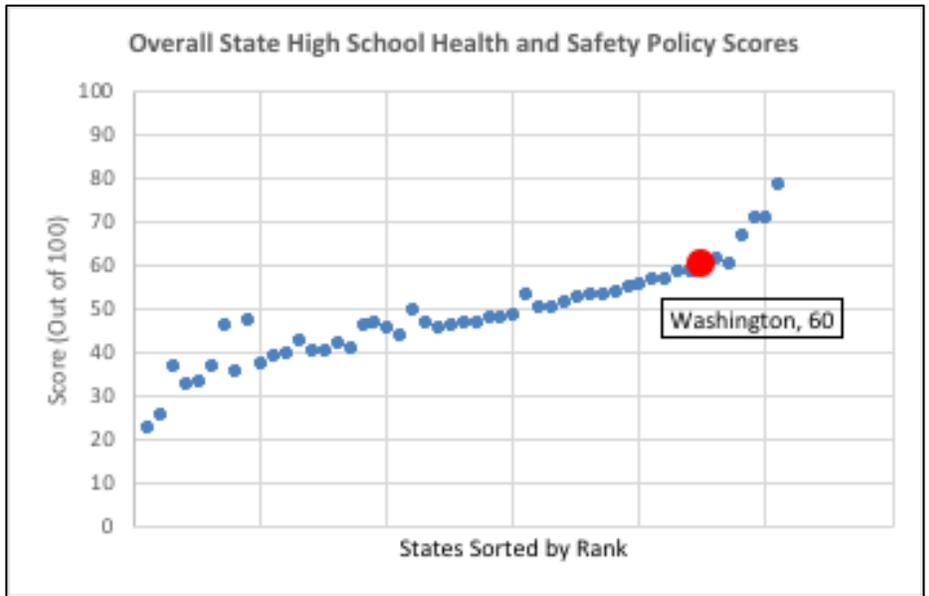
Washington's Score: **60.00 out of 100 Points**

ABOUT KSI

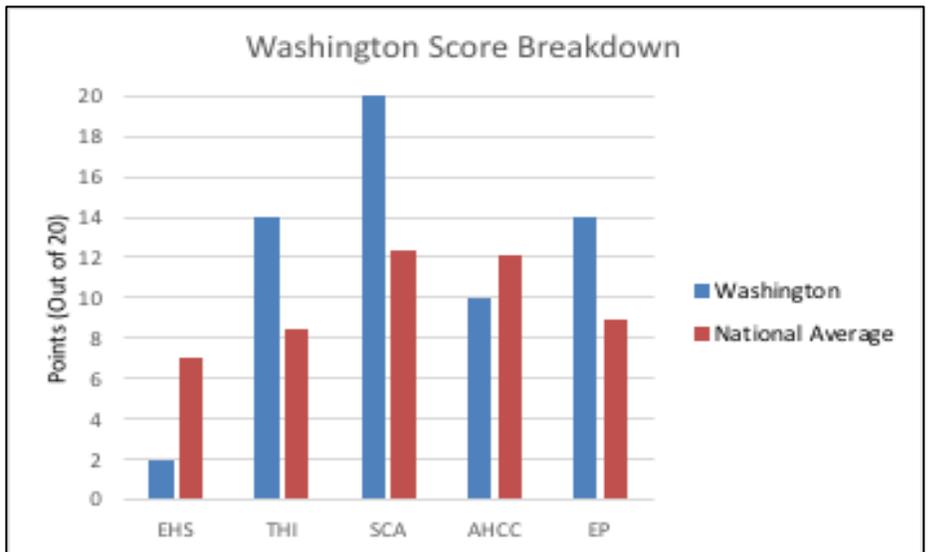
In the past ten years, 222 children have died from sports related injuries while participating in organized high school athletics. Some of the most common causes of death in sports are sudden cardiac arrest, exertional heat stroke, and traumatic head injury.

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 the Washington Interscholastic Activities Association (WIAA) and Washington's legislators have taken to protect athletes.



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

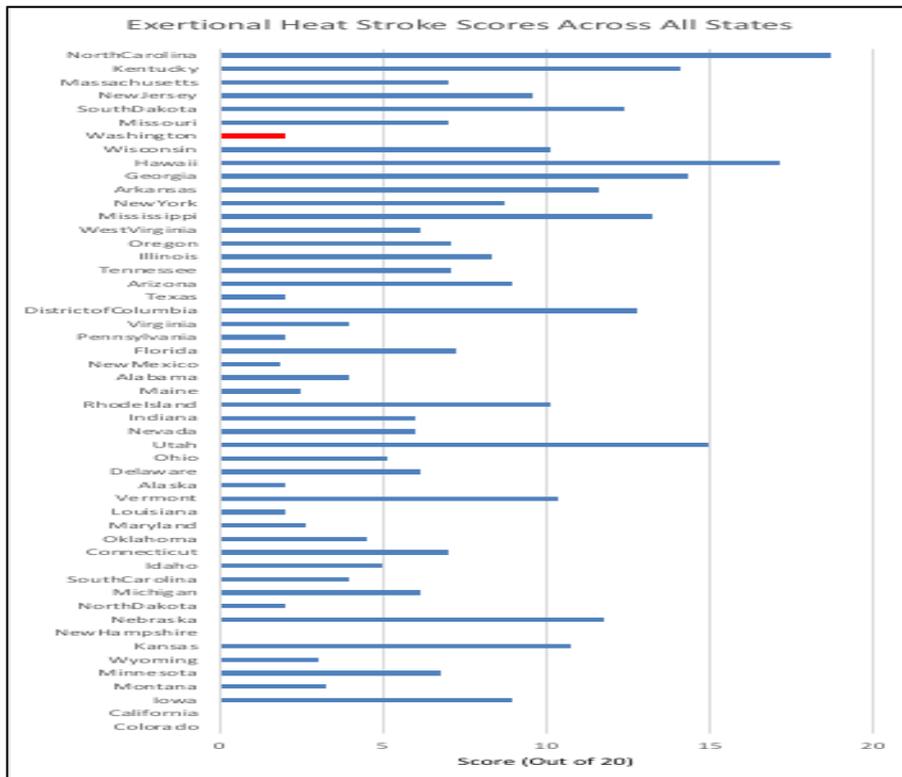


Ranks and Scores are accurate as of June 2018

Definitions:

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

Washington and Exertional Heat Stroke



Washington achieved an impressive perfect score in the Sudden Cardiac Arrest category. It also scores very well in Traumatic Head Injuries and Emergency Preparedness.

Washington has room to improve with Appropriate Healthcare Coverage and Exertional Heat Stroke.

Washington falls farthest behind the national average in Exertional Heat Stroke. Improving these policies could move Washington from 7th to 4th!

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

Exertional Heat Stroke Policies

What Can You Do?

Reach out to the Washington Interscholastic Activities Association (WIAA). Make sure the officials responsible for student-athlete safety are using best practices.

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WIAA Assistant Executive Director
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WIAA Assistant Executive Director
Andy Barnes
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Possible Improvements for Washington

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.