

June 2018 Changes

Rankings at the time of this update:

Rank	State	Score(%)	Rank	State	Score(%)
1	North Carolina	78.75	27	Alaska	47.4
2	Massachusetts	71.4	28	Alabama	47.2
3	Kentucky	71.125	29	Maine	47.1
4	New Jersey	70.025	30	Nevada	47
5	Missouri	62	31	Rhode Island	46.725
6	South Dakota	60.575	32	Vermont	46.375
7	Washington	60	33	Kansas	46.35
8	Wisconsin	59.125	34	Indiana	46
9	Hawaii	59.125	35	Delaware	45.725
10	Georgia	56.975	36	Ohio	43.925
11	Arkansas	56.825	37	Idaho	43
12	New York	55.75	38	Maryland	42.625
13	Mississippi	55.25	39	Louisiana	41
14	West Virginia	54.325	40	Connecticut	40.801
15	Oregon	53.592	41	Oklahoma	40.5
16	Virginia	53.4	42	South Carolina	39.8
17	Illinois	53.375	43	Michigan	39.725
18	Tennessee	52.725	44	North Dakota	38
19	Arizona	52	45	Iowa	37
20	Texas	50.8	46	Wyoming	37
21	District of Columbia	50.55	47	New Hampshire	36
22	Utah	50	48	Minnesota	33.35
23	Pennsylvania	49	49	Montana	33.25
24	Florida	48.25	50	California	26
25	New Mexico	48.075	51	Colorado	23
26	Nebraska	47.75			

## June 2018 Changes

State	Old Rank	New Rank	Old Points	New Points	Change Score	Areas Changed
Massachusetts	3	3	67.4	71.4	4	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>CPR/AED and First Aid training required for all coaches</li> </ul>
Missouri	6	5	60	62	2	<i>Exertional Heat Stroke</i> <ul style="list-style-type: none"> <li>5. 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.</li> <li>6. 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.</li> </ul>
Arkansas	11	11	56.03	56.825	0.795	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>The AEAP should be developed and coordinated with local EMS, school public safety officials, on site medical personnel or school medical staff, and school administrators</li> </ul>
Virginia	21	16	49.4	53.4	4	CPR/AED and First Aid training required for all coaches
Nevada	29	30	45	47	2	<i>Traumatic Head Injuries</i> <ul style="list-style-type: none"> <li>8. Implementation of a graduated return to participation protocol following the Zurich guidelines with at least 5 steps</li> </ul>
Utah	30	22	44	50	6	<i>Exertional Heat Stroke</i> <ul style="list-style-type: none"> <li>Cold Water Immersion tubs for onsite cooling for all warm weather practices</li> <li>If exertional heat stroke is suspected, onsite cooling using cold water immersion before transport to the hospital</li> </ul>
Delaware	32	35	43.73	45.725	1.995	<i>Sudden Cardiac Arrest</i> <ul style="list-style-type: none"> <li>AED should be stored in a safe place</li> </ul>
Alaska	33	27	43.4	47.4	4	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>Coaching education required as part of coaching certification on topics relating to preventing sudden death in sport</li> </ul>
Vermont	34	32	42.38	46.375	4	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>3. Every school should distribute the AEAP to all athletics staff members</li> <li>4. The AEAP should be specific to each venue (including maps, directions, etc.)</li> <li>7. Appropriate contact information for EMS</li> <li>9. AEAP should be reviewed and rehearsed annually by all parties involved</li> </ul>
Maryland	36	39	40.63	42.625	2	<i>Sudden Cardiac Arrest</i> <ul style="list-style-type: none"> <li>4. 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</li> </ul>
Connecticut	38	41	40	40.801	0.801	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>Every school or organization that sponsors athletics should develop an EAP specifically for managing serious and/or potentially life-threatening sport-related injuries (athletics emergency action plan AEAP)</li> </ul>
Idaho	39	38	40	43	3	<i>Exertional Heat Stroke</i> <ul style="list-style-type: none"> <li>If exertional heat stroke is suspected, onsite cooling using cold water immersion before transport to the hospital</li> </ul>
Michigan	41	43	38.73	38.725	1	<i>Exertional Heat Stroke</i>

## June 2018 Changes

						6. 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.
<b>Nebraska</b>	43	26	37.75	47.75	10	<i>Pre-participation examination</i> All PPE
<b>Kansas</b>	45	33	35.75	46.35	10.6	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>• 1. Every school or organization that sponsors athletics should develop an EAP specifically for managing serious and/or potentially life-threatening sport-related injuries (athletics emergency action plan AEAP)</li> <li>• 3. Every school should distribute the AEAP to all athletics staff members</li> <li>• 4. The AEAP should be specific to each venue (including maps, directions, etc.)</li> <li>• 5. On-site emergency equipment that may be needed in an emergency situation should be listed</li> <li>• 7. Appropriate contact information for EMS</li> <li>• 9. AEAP should be reviewed and rehearsed annually by all parties involved</li> <li>• 10. Healthcare professionals who will provide medical coverage during games, practices, or other events should be included</li> </ul> <i>Exertional Heat Stroke</i> <ul style="list-style-type: none"> <li>• 1. Days 1–5 are the first formal practices. No more than 1 practice occurs per day</li> <li>• 2. In days 1-5, total practice time should not exceed 3 hours in any 1 day</li> <li>• 3. 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)</li> <li>• 5. 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.</li> <li>• 6. 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.</li> </ul>
<b>Wyoming</b>	46	47	35	37	2	<i>Emergency Preparedness</i> Require 4th Edition PPE forms from American Academy of Pediatrics of equivalent - Sickle Cell Trait
<b>Iowa</b>	49	46	33	37	4	<i>Traumatic Head Injuries</i> <ul style="list-style-type: none"> <li>• 7. No child/adolescent should return to sport/activity unless he/she has managed to return to school</li> <li>• 8. Implementation of a graduated return to participation protocol following the Zurich guidelines with at least 5 steps</li> </ul>