Alabama’s Rank: **24th out of 51 States** (including Washington D.C)

Alabama’s Score: **49.70 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 Alabama High School Athletic Association (AHSAA) and Alabama’s legislators have taken to protect athletes.

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**Strengths**

- Emergency Preparedness
- Cardiac Arrest

**Areas for Improvement**

- Heat Stroke
- Healthcare Coverage
- Head Injuries

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**Alabama Score Breakdown**

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<thead>
<tr>
<th>Points (Out of 20)</th>
<th>Alabama</th>
<th>National Average</th>
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<tbody>
<tr>
<td>EHS</td>
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<td>EP</td>
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**Definitions:**

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

Ranks and Scores are accurate as of August 2019.
Alabama and Traumatic Head Injuries

Every Day 153 People Die From Traumatic Brain-Related Injuries.

What Can You Do?
Reach out to the Alabama High School Athletic Association (AHSAA). Make sure the officials responsible for student-athlete safety are using best practices.

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Alabama leads the nation when it comes to Emergency Preparedness and Sudden Cardiac Arrest

However, Alabama has room to grow with exertional heat stroke, traumatic head injuries, and appropriate healthcare coverage.

In particular, Alabama struggles the most with traumatic head injuries. Improving policies in this area could move Alabama from 24th to 5th overall in the rankings!

Policies Currently in Place for Alabama

Policy 3THI: Athletes not permitted to return to activity on the same day if a concussion is suspected
Policy 4THI: Athletes not permitted to return to activity until cleared by an appropriate healthcare professional (MD, ATC, PA, APRN)

Possible Improvements for Alabama

Policy 5THI: Athletes are not permitted to return to play until they fully return to school
Policy 6THI: A minimum of a 5-step graduated return to play protocol before full return to activity. No more than 2 phases in any one day. If symptoms return during any one step, athlete must regress to previous step
Policy 1THI: Heads up Football training for football coaches
Policy 2THI: Heads up Football Training for all coaches