

April 2019

Ranking at the time of  
this update:

Rank	State	Score (%)	Rank	State	Score (%)
1	New Jersey	79.026	27	Nebraska	47.75
2	North Carolina	78.75	28	Alaska	47.4
3	Massachusetts	75.025	29	Maine	47.1
4	Kentucky	71.125	30	Nevada	47
5	Florida	62.45	31	Rhode Island	46.725
6	Missouri	62	32	Vermont	46.375
7	Oregon	61.592	33	Kansas	46.35
8	South Dakota	60.575	34	Delaware	45.725
9	Washington	60	35	South Carolina	46.175
10	West Virginia	59.325	36	Idaho	46
11	Wisconsin	59.125	37	Indiana	46
12	Hawaii	59.125	38	Connecticut	44.801
13	Georgia	56.975	39	Ohio	43.925
14	Arkansas	56.825	40	Maryland	42.625
15	New York	55.75	41	New Hampshire	42
16	Mississippi	55.25	42	Oklahoma	41.3
17	Tennessee	54.725	43	Louisiana	41
18	Utah	54	44	Michigan	39.725
19	Arizona	54	45	Minnesota	38.35
20	Virginia	53.4	46	North Dakota	38
21	Illinois	53.375	47	Iowa	37
22	Texas	52.8	48	Wyoming	37
23	District of Columbia	52.55	49	Montana	33.25
24	Alabama	49.7	50	California	30
25	Pennsylvania	49	51	Colorado	28
26	New Mexico	48.075			

State	Old Rank	New Rank	Old Points	New Points	Change Score	Areas Changed
<b>Alabama</b>	25	24	47.9	49.7	+2.5	<i>Heat</i> <ul style="list-style-type: none"> <li>State requires all schools to have a heat modification policy</li> <li>The recommended heat policy is based off Heat Index</li> <li>The heat policy has at minimum 4 levels of modification, including the modification of practice time</li> <li>Policy includes modification of equipment (if applicable to sport)</li> </ul>
<b>Arizona</b>	18	19	52	54	+2	<i>Traumatic Head Injury</i> <ul style="list-style-type: none"> <li>No child/adolescent should return to sport/activity unless he/she has managed to return to school</li> </ul>
<b>California</b>	50	50	26	30	+4	<i>Sudden Cardiac Arrest</i> <ul style="list-style-type: none"> <li>All athletic trainers, coaches, administrators, school nurses and physical education teachers should have access to an AED on school property</li> <li>Institutions sponsoring athletic events/activities should have an AED on site or access to one at each athletic venue for practices, games or other athletic events</li> </ul>
<b>Colorado</b>	51	51	23	28	+5	<i>Athletic training services</i> <ul style="list-style-type: none"> <li>Athletic trainers must be licensed</li> </ul>
<b>Connecticut</b>	38	38	40.8	44.80	+4	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>Coach education required as part of coaching certification on topics relating to preventing sudden death in sport</li> </ul>
<b>Delaware</b>	32	34	43.73	46.35	+2.62	<i>Heat</i> <ul style="list-style-type: none"> <li>Policy mentions the use of a shaded area for rest breaks</li> </ul>
<b>District of Columbia</b>	20	23	50.55	52.55	+2	<i>Sudden Cardiac Arrest</i> <ul style="list-style-type: none"> <li>AED should be stored in a safe place</li> </ul>

<b>Idaho</b>	39	36	40	46	+6	<i>Heat</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>
<b>Massachusetts</b>	3	3	67.4	75.025	+7.625	<i>Heat</i> <ul style="list-style-type: none"> <li>State requires all schools to have a heat modification policy</li> <li>Cold water immersion tubs for onsite cooling for all warm weather practices</li> </ul>
<b>New Hampshire</b>	44	41	36	42	+6	<i>Heat</i> <ul style="list-style-type: none"> <li>Days 1-5 are the first formal practices. No more than 1 practice occurs per day</li> <li>In days 1-5, total practice time should not exceed 3 hours in any 1 day</li> <li>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>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% live contact drills should begin no earlier than day 6</li> </ul>
<b>Oregon</b>	15	7	53.59	61.592	+8.002	<i>Heat</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> <i>Sudden cardiac arrest</i> <ul style="list-style-type: none"> <li>Institutions sponsoring athletic events/activities should have an AED onsite or access to one at each athletic venue for practices, games, or other athletic events</li> </ul>

<b>Tennessee</b>	17	17	52.73	54.725	+1.995	<i>Heat</i> <ul style="list-style-type: none"> <li>Days 1-5 are the first formal practices. No more than 1 practice occurs per day</li> <li>In days 1-5, total practice time should not exceed 3 hours in any 1 day</li> </ul>
<b>Texas</b>	19	22	50.8	52.8	+2	<i>Heat</i> <ul style="list-style-type: none"> <li>Days 1-5 are the first formal practices. No more than 1 practice occurs per day</li> <li>In days 1-5, total practice time should not exceed 3 hours in any 1 day</li> </ul>
<b>Utah</b>	30	18	44	54	+10	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> <li>Coach education required as part of coaching certification on topics relating to preventing sudden death in sport</li> </ul>
<b>West Virginia</b>	14	10	54.33	59.325	+4.995	<i>Athletic training services</i> <ul style="list-style-type: none"> <li>Athletic trainers must be licensed</li> </ul>