



Arkansas's Rank: **14<sup>th</sup> out of 51 States** (including Washington D.C)

Arkansas's Score: **56.83 out of 100 Points**

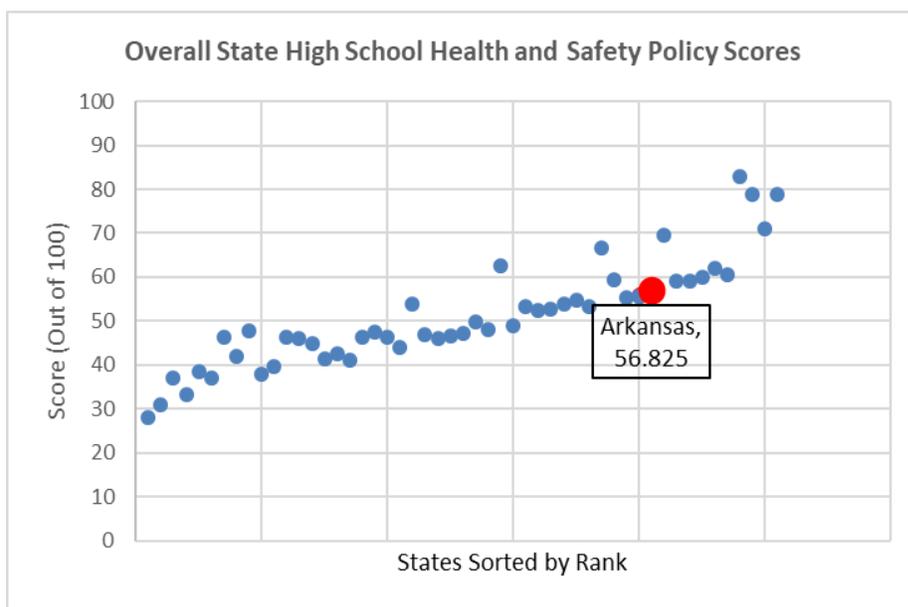
## ABOUT KSI

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.

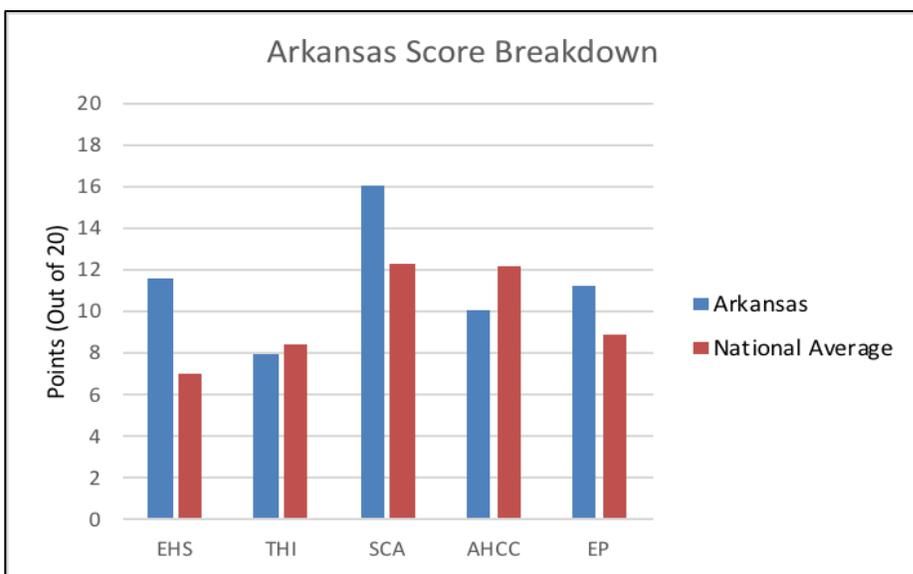
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Arkansas Activities Association (AAA) and Arkansas' legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019



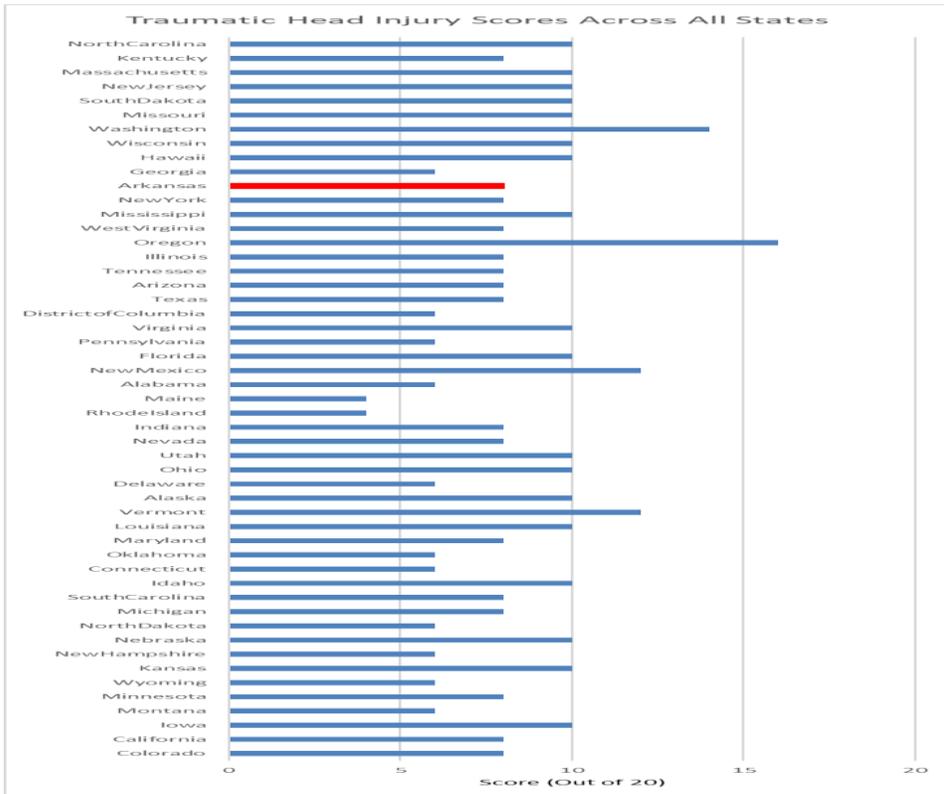
Strengths	Areas for Improvement
<ul style="list-style-type: none"> <li>Heat Stroke</li> <li>Cardiac Arrest</li> <li>Emergency Preparedness</li> </ul>	<ul style="list-style-type: none"> <li><b>Traumatic Head Injuries</b></li> <li>Healthcare Coverage</li> </ul>



**Definitions:**

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

# Arkansas and Traumatic Head Injuries



Arkansas leads the nation when it comes to Sudden Cardiac Arrest, and performs extremely well in Exertional Heat Stroke and Emergency Preparedness

However, Arkansas has room to grow with traumatic head injuries, and appropriate healthcare coverage.

Arkansas would benefit the most by focusing on traumatic head injury policies. Improving policies in this area could move Arkansas from 14<sup>th</sup> to 6<sup>th</sup>!

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

## Traumatic Head Injury Policies

### What Can You Do?

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

AAA Executive Director  
Lance Taylor  
Email: lance@ahsaa.org

AAA Deputy Executive Director  
Joey Walters  
Email: joey@ahsaa.org

AAA Associate Executive Director  
Don Brodell  
Email: don@ahsaa.org

### Policies Currently in Place for Arkansas

- 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)
- 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

### Possible Improvements for Arkansas

- Policy 1THI:** Heads up Football training for football coaches
- Policy 2THI:** Heads up Football Training for all coaches
- Policy 7THI:** Require 4th Edition PPE forms from American Academy of Pediatrics of equivalent - Concussion