California’s Rank: **50th out of 51 States** (including Washington D.C)

California’s Score: **30.80 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 California Interscholastic Federation (CIF) and California’s legislators have taken to protect athletes.

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**Ranks and Scores are accurate as of August 2019**

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**Overall State High School Health and Safety Policy Scores**

[Graph showing overall state scores]

- California, 30.8

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**California Score Breakdown**

[Bar chart showing California and national average scores]

- EHS (Exertional Heat Stroke), SCA (Sudden Cardiac Arrest), THI (Traumatic Head Injuries)

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**Definitions:**
- AHCC (Appropriate Healthcare Coverage)
- EHS (Exertional Heat Stroke)
- EP (Emergency Preparedness)
- SCA (Sudden Cardiac Arrest)
- THI (Traumatic Head Injuries)
Athletic trainers are healthcare professionals trained in emergency care and the prevention of sudden death in sports.

Specific Appropriate Healthcare Coverage Policies

### What Can You Do?

Reach out to the California Interscholastic Federation (CIF). Make sure the officials responsible for student-athlete safety are using best practices.

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Roger Blake  
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**CIF Associate Executive Director**  
Ron Nocetti  
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**CIF Senior Director**  
Brian Seymour  
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### Possible Improvements for California

**Policy 1 AHCC:** Licensure for Athletic Trainers

**Policy 2 AHCC:** Some Form of Regulation for Athletic Trainers (i.e. Registered)

**Policy 3 AHCC:** Appropriate healthcare profession required to be onsite at all collision/contact practices and competitions

**Policy 4 AHCC:** Appropriate healthcare profession recommended to be onsite at all collision/contact practices and competitions

California performs well in Emergency Preparedness and Traumatic Head Injuries. However, California has room to grow with Sudden Cardiac Arrest, Exertional Heat Stroke, and Appropriate Healthcare Coverage.

In particular, California struggles the most with Healthcare Coverage for sporting events and practices. Improving policies around Appropriate Healthcare Coverage would move California from 50th to 24th according to current ranks!