



Connecticut's Rank: **38th out of 51 States** (including Washington D.C)

Connecticut's Score: **44.80 out of 100 Points**

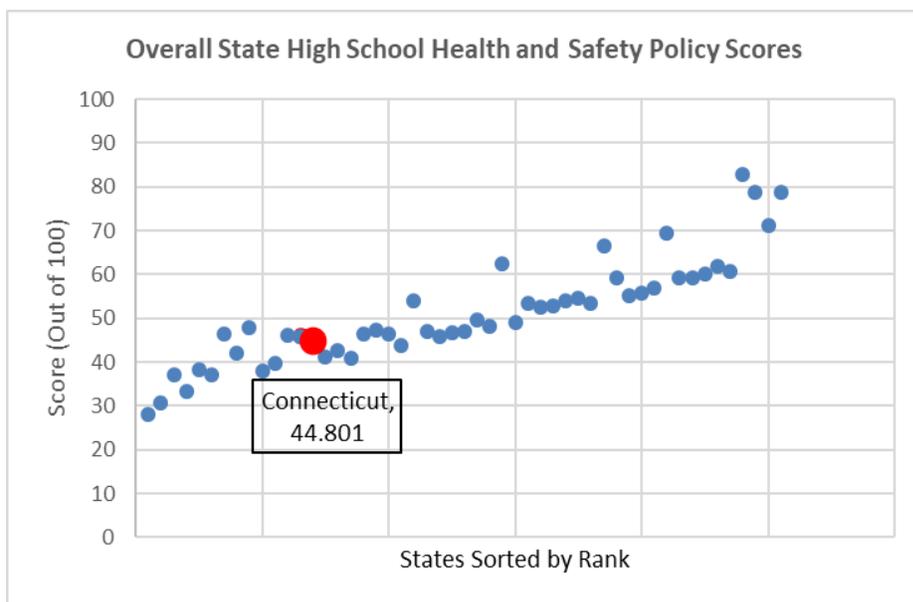
ABOUT KSI

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.

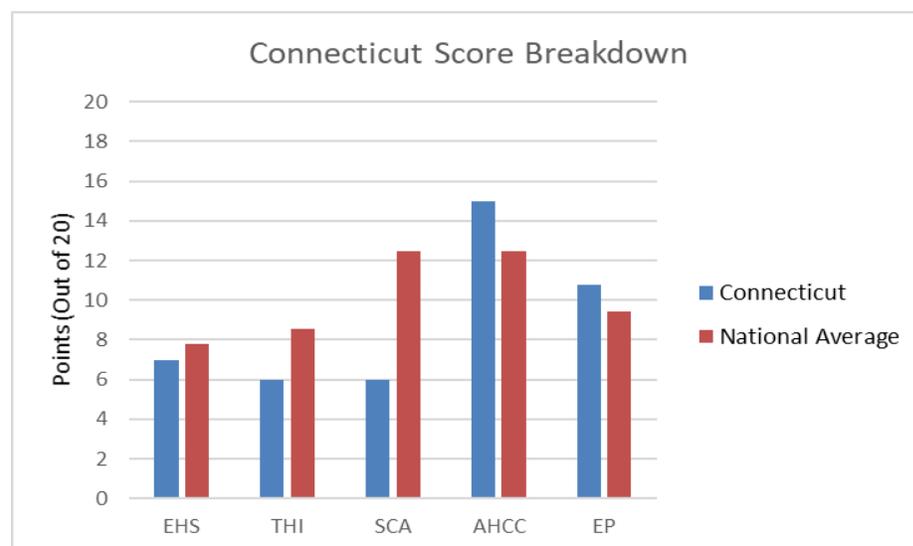
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Connecticut Interscholastic Athletic Conference (CIAC) and Connecticut's legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019



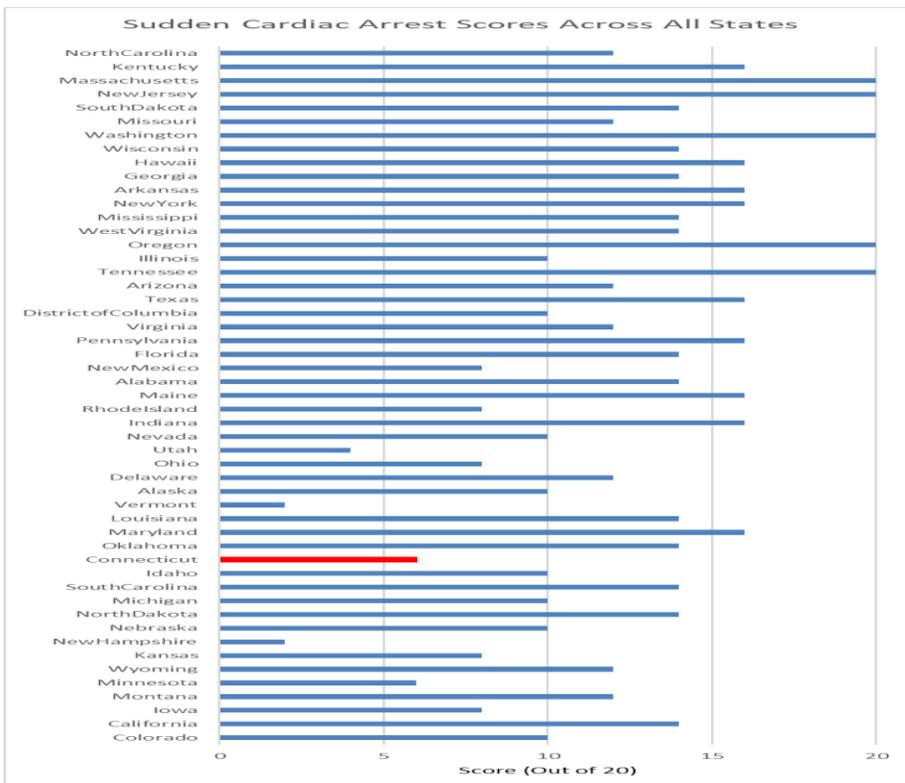
| Strengths | Areas for Improvement |
|--|--|
| <ul style="list-style-type: none"> Healthcare Coverage Heat Stroke | <ul style="list-style-type: none"> Cardiac Arrest Emergency Preparedness Head Injuries |



Definitions:

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

Connecticut and Sudden Cardiac Arrest



Connecticut scores among the best when it comes to providing appropriate healthcare coverage.

However, Connecticut has room to grow with cardiac arrest, traumatic head injuries, and emergency preparedness.

The area that Connecticut falls the farthest behind is sudden cardiac arrest. Improving policies will bring Connecticut into the top 20 states overall according to current rankings.

Cardiac Arrest survival rates **decrease 7-10%** for every minute that defibrillation is delayed.

Specific Cardiac Arrest Policies

What Can You Do?

Reach out to the Connecticut Interscholastic Athletic Conference (CIAC). Make sure the officials responsible for student-athlete safety are using best practices.

CIAC Executive Director

Karissa Niehoff

Phone: (203-250-1111, ext. 3903)

Email: kniehoff@casciac.org

CIAC Associate Executive Director

Gregg Simon

Phone: (203-250-1111, ext. 3912)

Email: gsimon@casciac.org

Policies Currently in Place for Connecticut

Policy 3A: All athletic trainers, coaches, administrators, school nurses, and physical education teachers should have access to an AED on school property.

Policy 4A: 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.

Policy 5A: Personnel should be provided annual training and certification in cardiopulmonary resuscitation (CPR) and AED use.

Possible Improvements for Connecticut

Policy 1A: AEDs are to be used under the advice and consent of a physician by individuals with proper training and certification.

Policy 2A: AED should be stored in a safe place.

Policy 6A: Location of AED should be well marked, publicized, accessible and known among trained staff.

Policy 7A: The AED should be used only after enacting the EMS system.

Policy 8A: AEDs should be inspected frequently to ensure proper working order. This includes making sure the batteries are charged, and wires and electrodes are in good condition.