Iowa’s Rank: 47th out of 51 States (including Washington D.C)

Iowa’s Score: 37.00 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 Iowa High School Athletic Association (IHSSAA) and Iowa’s legislators have taken to protect athletes.

Strengths

- Exertional Heat Stroke
- Traumatic Head Injury

Areas for Improvement

- Emergency Preparedness
- Healthcare Coverage
- Sudden Cardiac Arrest

Defintions:
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
What Can You Do?

Reach out to the Iowa High School Athletic Association (IHSAA). Make sure the officials responsible for student-athlete safety are using best practices.

IHSAA Executive Director
Alan Beste
Email: ibeste@iahsaa.org

IHSAA Associate Director
Brett Nanninga
Email: bnanninga@iahsaa.org

IHSAA Assistant Director
Chad Elsberry
Email: celsberry@iahsaa.org

Emergency Action Plans are concrete written plans that reduce critical delays in care of catastrophic injuries.

Emergency Action Plan Policies

Possible Improvements for Iowa

Policy 1E: Every school or organization that sponsors athletics should develop an EAP specifically for managing serious and/or potentially life-threatening sport-related injuries (athletics emergency action plan AEAP)

Policy 2E: The AEAP should be developed and coordinated with local EMS, school public safety officials, on site medical personnel or school medical staff, and school administrators

Policy 3E: Every school should distribute the AEAP to all athletics staff members

Policy 4E: The AEAP should be specific to each venue (including maps, directions, etc.)

Policy 5E: On-site emergency equipment that may be needed in an emergency situation should be listed

Policy 6E: The AEAP should identify personnel and their responsibilities to carry out the plan of action with a designated chain of command

Policy 7E: Appropriate contact information for EMS

Policy 8E: Plan should specify documentation actions that need to be taken post emergency

Policy 9E: AEAP should be reviewed and rehearsed annually by all parties involved

Policy 10E: Healthcare professionals who will provide medical coverage during games, practices, or other events should be included