



Kentucky's Rank: **4th out of 51 States** (including Washington D.C)

Kentucky's Score: **71.13 out of 100 Points**

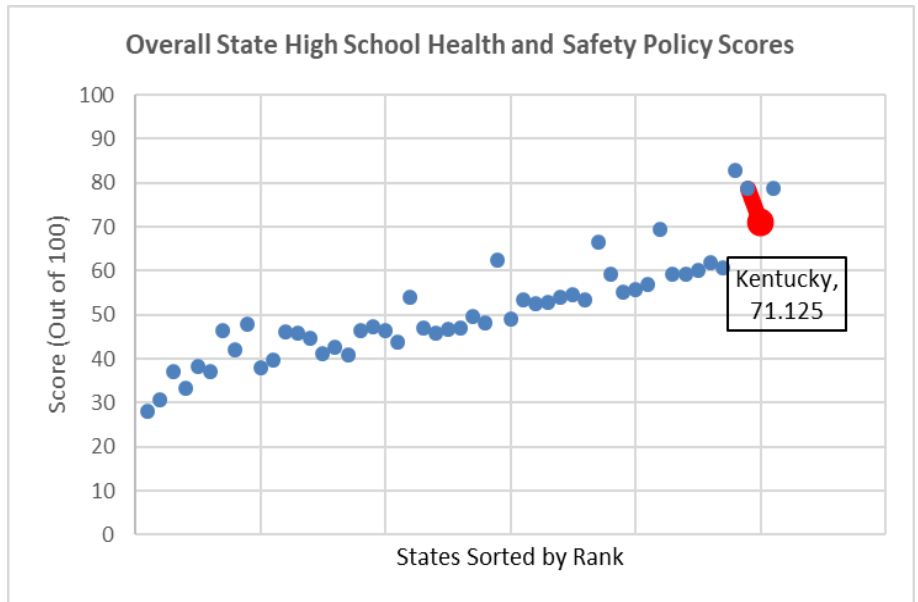
ABOUT KSI

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.

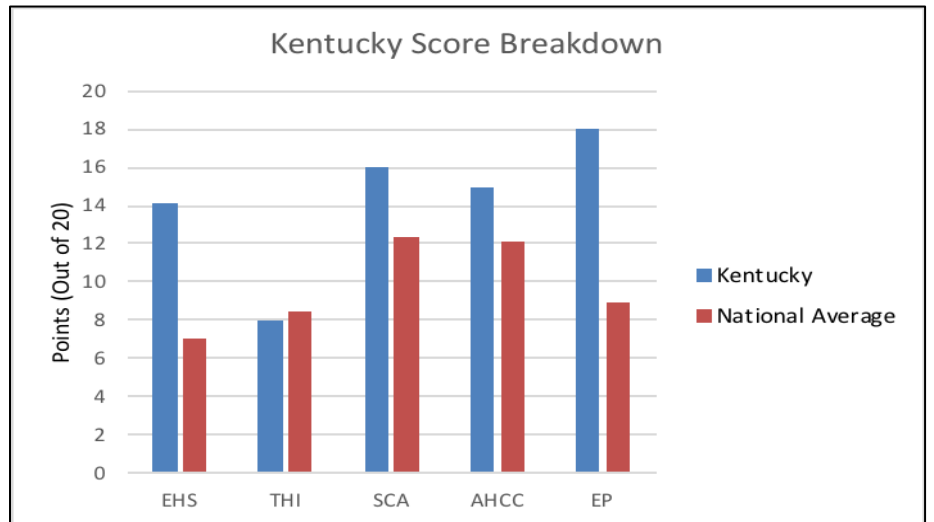
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Kentucky High School Athletics Association (KHSAA) and Kentucky's legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019



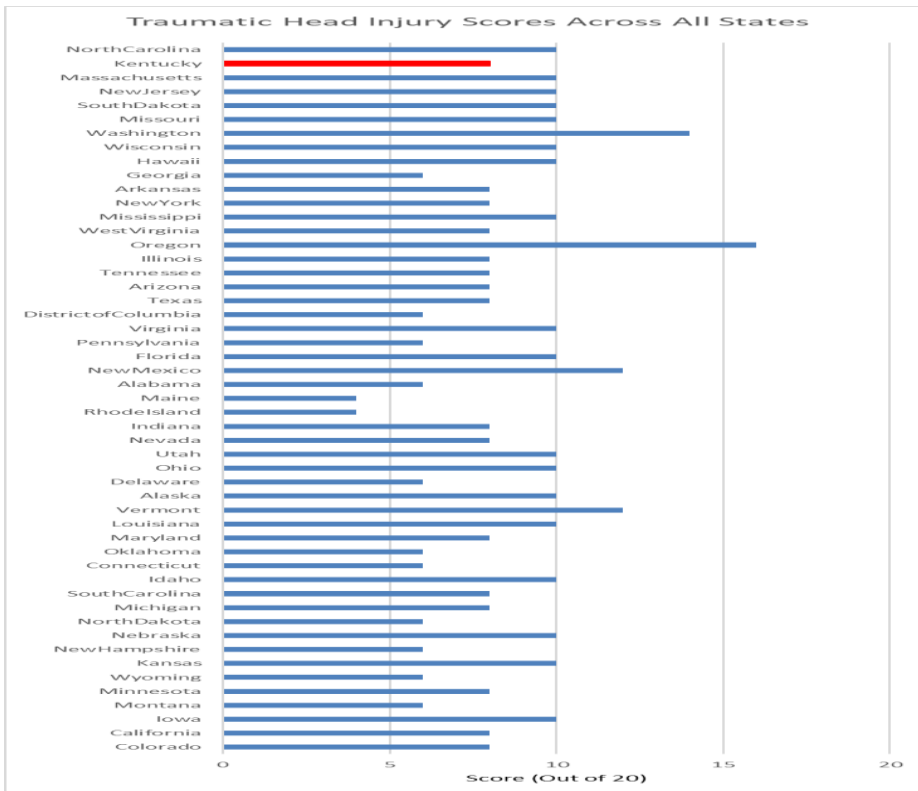
Strengths	Areas for Improvement
<ul style="list-style-type: none"> Emergency Preparedness Exertional Heat Stroke Healthcare Coverage Sudden Cardiac Arrest 	<ul style="list-style-type: none"> Traumatic Head Injuries



Definitions:

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

Kentucky and Traumatic Head Injuries



Kentucky leads the nation when it comes to Emergency Preparedness and performs extremely well in Sudden Cardiac Arrest, Exertional Heat Stroke and Appropriate Healthcare Coverage.

The only place that Kentucky falls below the national average is Traumatic Head Injury Policies.

These policies can help prevent as well as treat concussions and more severe injuries. If Kentucky passes policies focusing on Traumatic Head Injuries, it can overtake first place!

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

Traumatic Head Injury Policies

What Can You Do?

Reach out to the Kentucky High School Athletics Association (KHSAA). Make sure the officials responsible for student-athlete safety are using best practices.

KHSAA Commissioner
Julian Tackett
Email: jtackett@khsaa.org

KHSAA Associate Commissioner
Butch Cope
Email: bcope@khsaa.org

KHSAA Assistant Commissioner
Mike Barren
Email: mbarren@khsaa.org

Policies Currently in Place for Kentucky

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 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

Policy 7THI: Require 4th Edition PPE forms from American Academy of Pediatrics of equivalent - Concussion

Possible Improvements for Kentucky

Policy 1THI: Heads up Football training for football coaches

Policy 2THI: Heads up Football Training for all coaches

Policy 5THI: Athletes are not permitted to return to play until they fully return to school