



Maryland's Rank: **40th out of 51 States** (including Washington D.C)

Maryland's Score: **42.63 out of 100 Points**

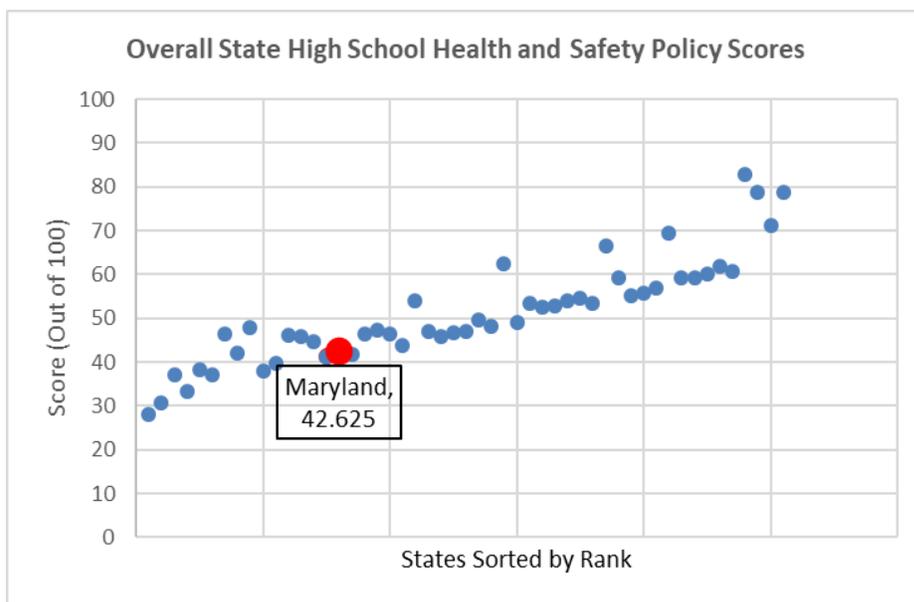
ABOUT KSI

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.

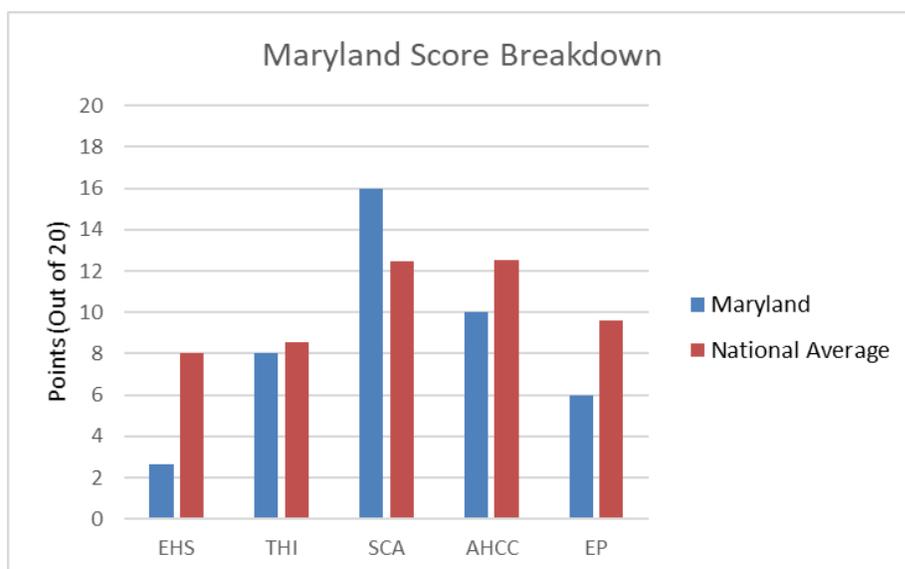
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Maryland Public Secondary Schools Athletic Association (MPSSAA) and Maryland's legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019



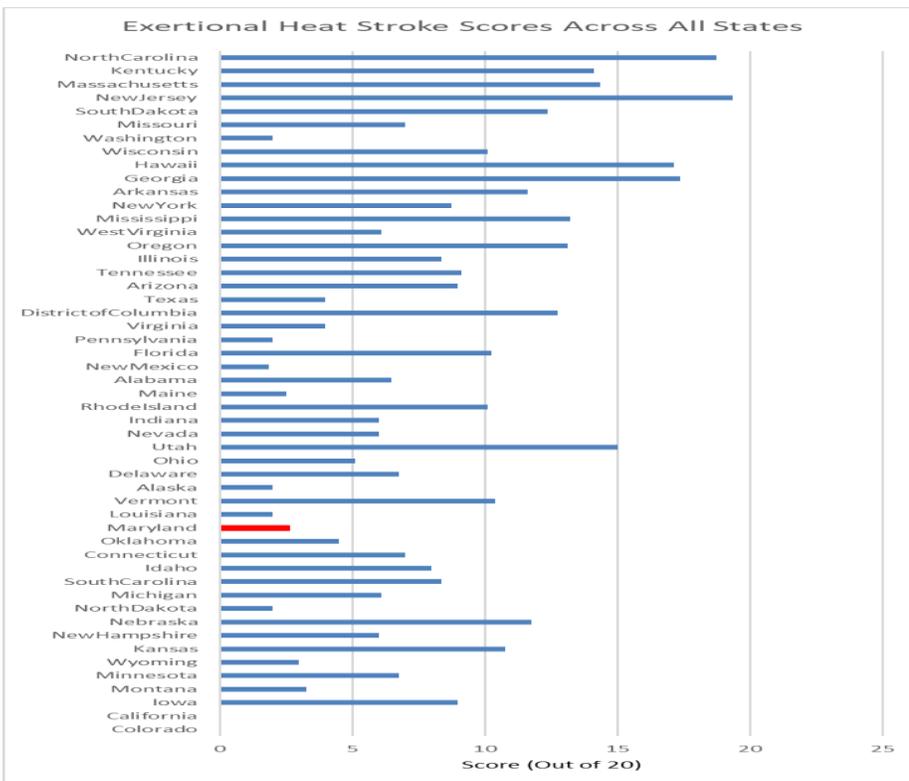
Strengths	Areas for Improvement
<ul style="list-style-type: none"> Sudden Cardiac Arrest Traumatic Head Injuries 	<ul style="list-style-type: none"> Exertional Heat Stroke Emergency Preparedness Healthcare Coverage



Definitions:

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

Maryland and Exertional Heat Stroke



Maryland scores among the best in the nation when it comes to Sudden Cardiac Arrest, and scores very well in Traumatic Head Injuries.

Maryland has room to grow in the Exertional Heat Stroke, Emergency Preparedness, and Appropriate Healthcare Coverage categories.

In particular, Maryland falls farthest behind the national average in Exertional Heat Stroke. If Maryland passes policies focusing on EHS it can move from 40th to 7th!

Exertional Heat Stroke is **100% Survivable** with proper recognition and treatment.

Exertional Heat Stroke Policies

What Can You Do?

Reach out to the Maryland Public Secondary Schools Athletic Association (MPSSAA). Make sure the officials responsible for student-athlete safety are using best practices.

MPSSAA Executive Director
R. Andrew Warner
Email:

MPSSAA Assistant Director
Jason Bursick
Email:

MPSSAA Program Specialist
Jill Masterman
Email:

Policies Currently in Place for Maryland

- Policy 1W:** State requires all schools to have a heat modification policy
- Policy 3EHS:** Require 4th Edition PPE forms from American Academy of Pediatrics of equivalent - Heat Stroke

Possible Improvements for Maryland

- Policy 2W:** The heat policy is based off of WBGT (optimal measurement)
- Policy 3W:** The recommended heat policy is based off of Heat Index (adequate alternative if WBGT is unavailable)
- Policy 4W:** The environmental conditions guidelines are based off of epidemiological data specific to that state/region (for bigger states a more comprehensive analysis may be needed)
- Policy 5W:** The heat policy has at minimum 4 levels of modification, including the modification of practice time
- Policy 6W:** Policy includes modification of equipment (if applicable to the sport)
- Policy 7W:** Policy includes modification of work-to-rest ratios, including unrestricted access to fluids
- Policy 8W:** Policy mentions the use of a shaded area for rest breaks