Massachusetts’s Rank: **2nd out of 51 States** (including Washington D.C)

Massachusetts’s Score: **78.75 out of 100 Points**

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**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 Massachusetts Interscholastic Athletic Association (MIAA) and Massachusetts’s legislators have taken to protect athletes.

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**Strengths**

- Healthcare Coverage
- Cardiac Arrest
- Exertional Heat Stroke
- Emergency Preparedness

**Areas for Improvement**

- **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)

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Ranks and Scores are accurate as of August 2019
Every Day **153 People Die** From Traumatic Brain-Related Injuries.

Massachusetts and Traumatic Head Injuries

Massachusetts leads the nation with perfect scores on sudden cardiac arrest and appropriate healthcare coverage.

The state sits at the middle of the pack with Exertional Heat Stroke, Emergency Preparedness, and Traumatic Head Injuries.

Massachusetts has an opportunity to overtake first place in the rankings by improving its traumatic head injury policies.

### What Can You Do?

Reach out to the Massachusetts Interscholastic Athletic Association (MIAA). Make sure the officials responsible for student-athlete safety are using best practices.

**MIAA Sports Medicine Committee Member**
John Jardine  
Email: john.jardinemd@gmail.com

**MIAA Executive Director**
William (Bill) Gaine  
Email: bgaine@miaa.net

**MIAA Associate Director**
Richard Pearson  
Email: rpearson@miaa.net

### Traumatic Head Injury Policies

**Policies Currently in Place for Massachusetts**

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

**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 Massachusetts

**Policy 1THI:** Heads up Football training for football coaches  

**Policy 2THI:** Heads up Football Training for all coaches  

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