Minnesota’s Rank: 45th out of 51 States (including Washington D.C)

Minnesota’s Score: 38.35 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 Minnesota State High School League (MSHSL) and Minnesota’s legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019

Definitions:
AHCC (Appropriate Healthcare Coverage), EHS (Exertional Heat Stroke), EP (Emergency Preparedness), SCA (Sudden Cardiac Arrest), THI (Traumatic Head Injuries)
Cardiac Arrest survival rates decrease 7-10% for every minute that defibrillation is delayed.

**Sudden Cardiac Arrest Policies**

**What Can You Do?**

Reach out to the Minnesota State High School League (MSHSL). Make sure the officials responsible for student-athlete safety are using best practices.

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**Policies Currently in Place for Minnesota**

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.

**Possible Improvements for Minnesota**

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

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

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

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.

5A. Individuals [all personnel involved with sponsored athletic events/activities] should be provided annual training and certification in cardiopulmonary resuscitation (CPR) and AED use.

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

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

**Minnesota and Sudden Cardiac Arrest**

Minnesota scores well compared to the national average when it comes to Exertional Heat Stroke and Traumatic Head Injuries.

Minnesota has room to grow in Appropriate Healthcare Coverage, Emergency Preparedness, and appropriate healthcare coverage.

In particular, Minnesota falls farthest behind the national average in Sudden Cardiac Arrest. By improving these policies Minnesota can move from 45th to 24th!