Missouri’s Rank: **8th out of 51 States** (including Washington D.C)

Missouri’s Score: **62.00 out of 100 Points**

**ABOVE 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 Missouri State High School Activities Association (MSHSAA) and Missouri’s legislators have taken to protect athletes.

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**Overall State High School Health and Safety Policy Scores**

<table>
<thead>
<tr>
<th>States Sorted by Rank</th>
<th>Score (Out of 100)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Missouri, 62</td>
<td></td>
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</tbody>
</table>

**Strengths**

- Emergency Preparedness
- Healthcare Coverage
- Traumatic Head Injuries

**Areas for Improvement**

- Exertional Heat Stroke
- Sudden Cardiac Arrest

**Missouri Score Breakdown**

- EHS
- THI
- SCA
- AHCC
- EP

**Definitions:**

- 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
Missouri and Exertional Heat Stroke

Missouri is among the nation’s leaders when it comes to Emergency Preparedness, Appropriate Healthcare Coverage, and Traumatic Head Injuries.

However, Missouri has room to grow with Sudden Cardiac Arrest and Exertional Heat Stroke.

Missouri falls farthest behind the national average when it comes to Exertional Heat Stroke. Improving these policies could move Missouri from 8th to 4th overall!

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

Exertional Heat Stroke Policies

**Policies Currently in Place for Missouri**

**Policy 1H:** Days 1–5 are the first formal practices. No more than 1 practice occurs per day

**Policy 2H:** In days 1-5, total practice time should not exceed 3 hours in any 1 day

**Policy 4H:** During days 1–2 of first formal practices, a helmet should be the only protective equipment permitted (if applicable). During days 3–5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin. Football only: on days 3–5, contact with blocking sleds and tackling dummies may be initiated.

**Policy 5H:** Day 6–14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double practice day is permitted after the rest day.

**Policy 6H:** On a double-practice day, neither practice day should exceed 3 hours in duration, and no more than 5 total hours of practice in the day. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time.

**Possible Improvements for Missouri**

**Policy 3H:** On days 1–5, 1-hour maximum walk-through is permitted, however there must be a 3 hour minimum between practice and walk-through (or vice versa)

**Policy 7H:** On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment.