



Nevada's Rank: **30th out of 51 States** (including Washington D.C)

Nevada's Score: **47.00 out of 100 Points**

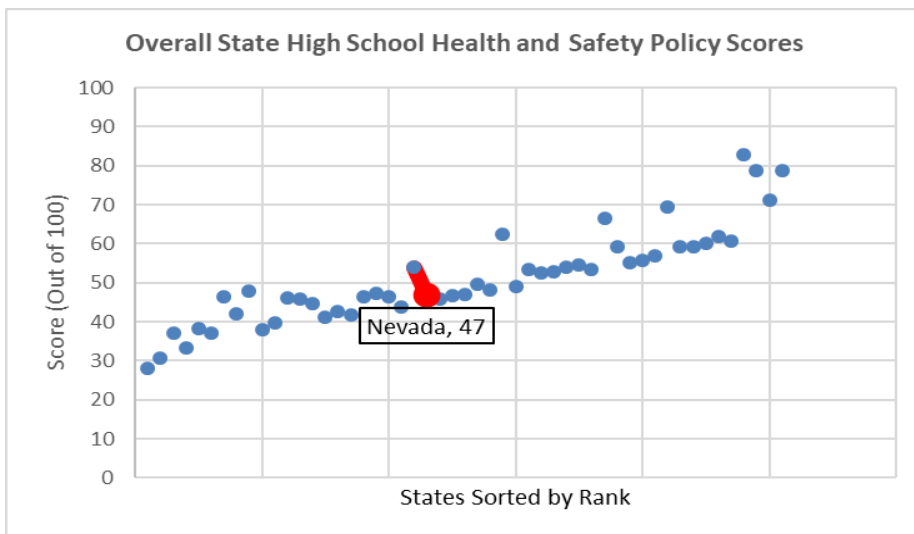
ABOUT KSI

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.

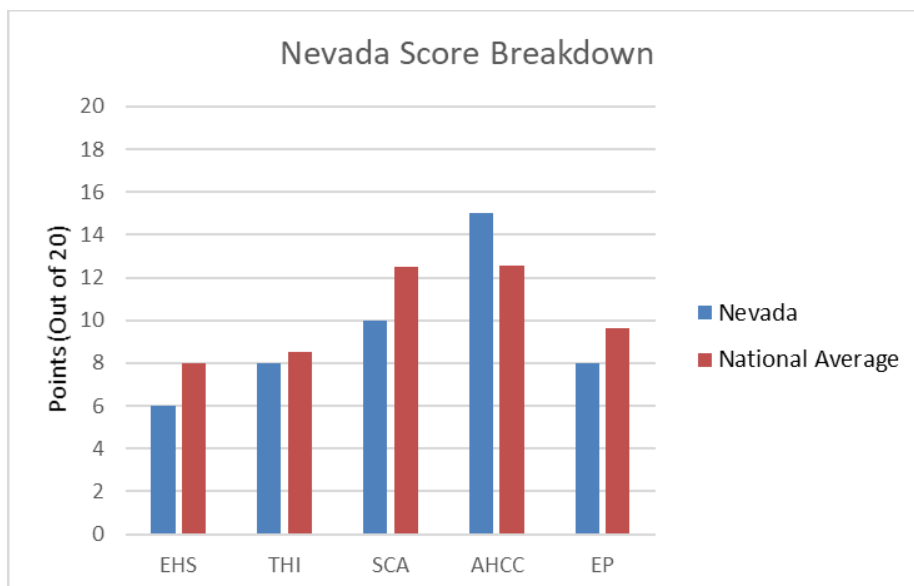
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Nevada Interscholastic Activities Association (NIAA) and Nevada's legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019



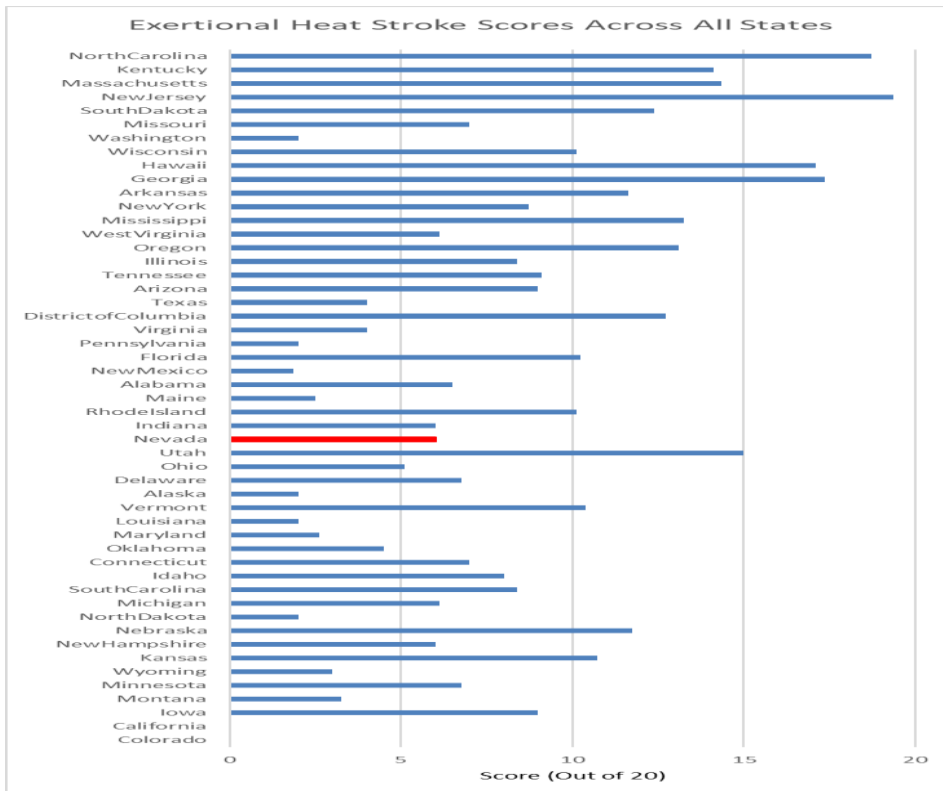
Strengths	Areas for Improvement
<ul style="list-style-type: none"> Healthcare Coverage Emergency Preparedness 	<ul style="list-style-type: none"> Traumatic Head Injuries Sudden Cardiac Arrest Exertional Heat Stroke



Definitions:

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

Nevada and Exertional Heat Stroke



Nevada scores very well when it comes to Appropriate Healthcare Coverage, and near the national average in Exertional Heat Stroke and Emergency Preparedness.

However, Nevada falls farther from the national average in Sudden Cardiac Arrest and Traumatic Head Injuries.

Nevada can improve the most in Exertional Heat Stroke. Passing policies in this area could move Nevada from 30th to 10th according to current rankings!

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

Exertional Heat Stroke Policies

What Can You Do?

Reach out to the Nevada Interscholastic Activities Association (NIAA). Make sure the officials responsible for student-athlete safety are using best practices.

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NIAA Assistant Director
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Policies Currently in Place for Nevada

- 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 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. Full-contact sports: 100% life contact drills should begin no earlier than day 6

Possible Improvements for Nevada

- 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 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 1W:** State requires all schools to have a heat modification policy.
- Policy 2W:** The heat policy is based off of WBGT (optional measurement)