Korey Stringer Institute
University of Connecticut
Preventing sudden death in sport

New Jersey's Rank: **1st out of 51 States** (including Washington D.C)

New Jersey's Score: **82.776 out of 100 Points**

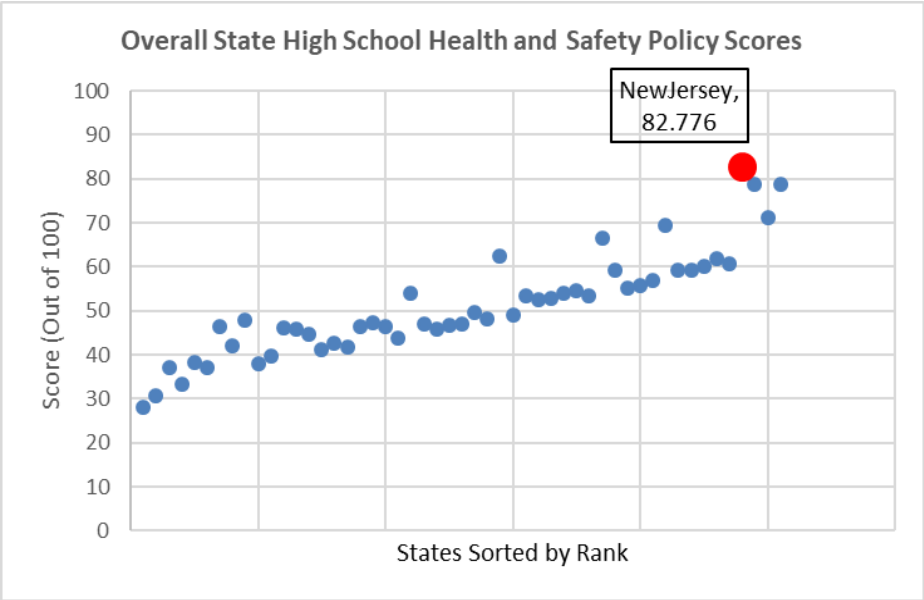
ABOUT KSI

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.

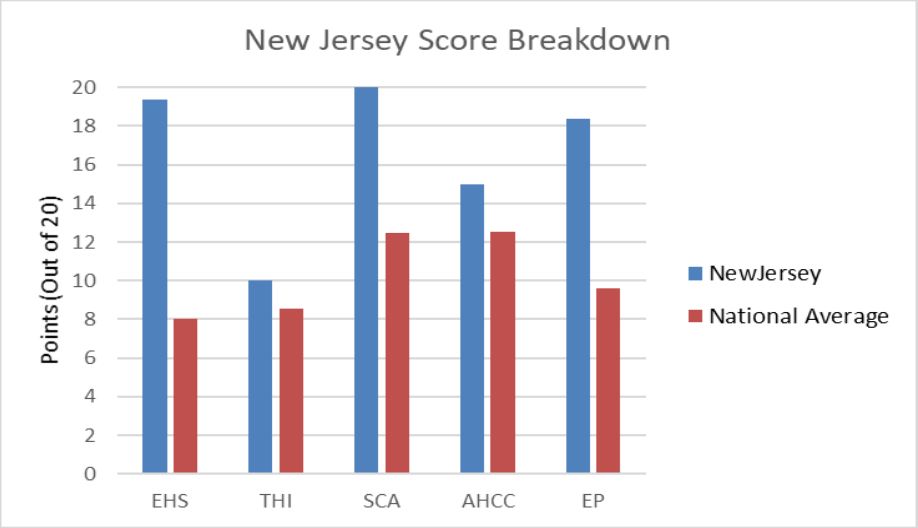
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that New Jersey State Interscholastic Athletic Association (NJSIAA) and New Jersey's legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019

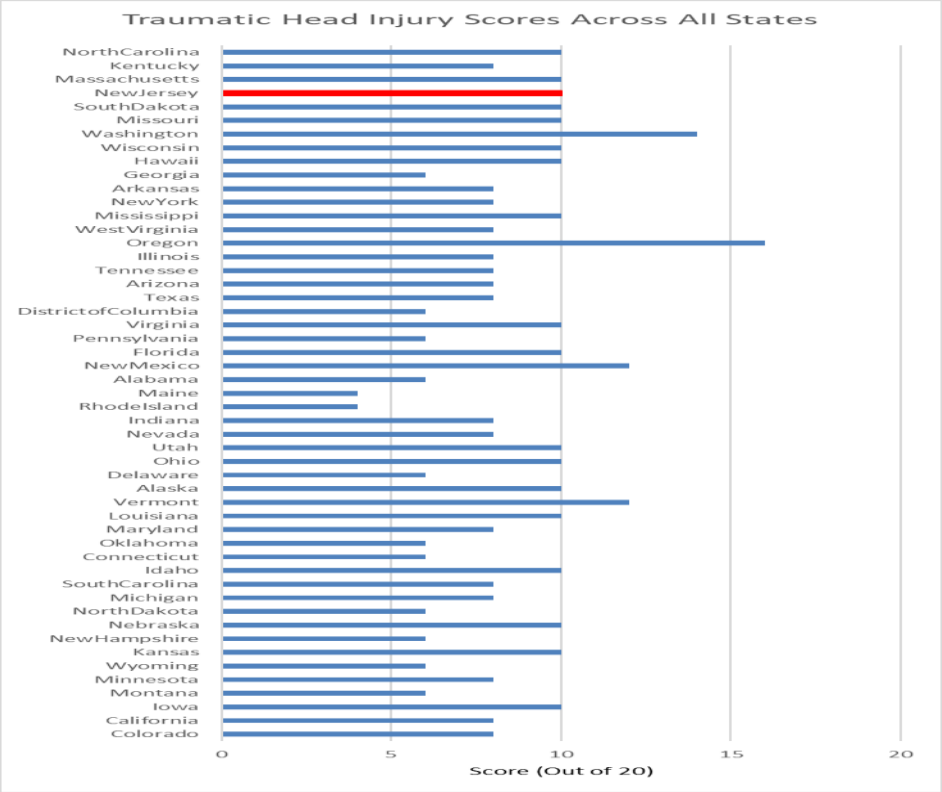


Strengths	Areas for Improvement
• Healthcare Coverage • Heat Stroke • Emergency Preparedness • Cardiac Arrest	• **Traumatic Head Injuries**



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

New Jersey and Traumatic Head Injuries



New Jersey scores among the best in the nation when it comes to Appropriate Healthcare Coverage, Exertional Heat Stroke, Sudden Cardiac Arrest and Emergency Preparedness.

However, although New Jersey scores well in Traumatic Head Injuries there is still room to grow.

By Improving policies in this area, New Jersey can achieve an incredible 92.776 points!

Every Day **153 People Die** From Traumatic Brain-Related Injuries.

Traumatic Head Injury Policies

What Can You Do?

Reach out to the New Jersey State Interscholastic Athletic Association (NJSIAA). Make sure the officials responsible for student-athlete safety are using best practices.

NJSIAA Executive Director
Steven Timko
Email: stimko@njsiaa.org

NJSIAA Assistant Director
Jack Dubois
Email: jdubois@njsiaa.org

NJSIAA Assistant Director
Bill Bruno
Email: bbruno@njsiaa.org

Policies Currently in Place for New Jersey

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 New Jersey

Policy 1THI: Heads up Football training for football coaches
Policy 2THI: Heads up Football Training for all coaches