Oklahoma’s Rank: **43rd out of 51 States** (including Washington D.C)

Oklahoma’s Score: **41.30 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 Oklahoma Secondary School Activities Association (OSSAA) and Oklahoma’s legislators have taken to protect athletes.

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Ranks and Scores are accurate as of August 2019

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

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**Strengths**

- Cardiac Arrest

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**Areas for Improvement**

- **Heat Stroke**
- Healthcare Coverage
- Emergency Preparedness
- Head Injuries

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**Oklahoma Score Breakdown**

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**Definitions:**

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

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

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**What Can You Do?**

Reach out to the Oklahoma Secondary School Activities Association (OSSAA). Make sure the officials responsible for student-athlete safety are using best practices.

**OSSAA Executive Director**
David Jackson
Email: djackson@ossaa.com

**OSSAA Associate Director**
Mike Whaley
Email: mwhaley@ossaa.com

**OSSAA Assistant Director**
Amy Cassell
Email: acassell@ossaa.com

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Oklahoma scores among the best states in the Sudden Cardiac Arrest category. However, Oklahoma has room to improve with Exertional Heat Stroke, Emergency Preparedness, Traumatic Head Injury, and Appropriate Healthcare Coverage.

By simply improving its Exertional Heat Stroke policies, Oklahoma can move up from 43rd to 13th place in the rankings!

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**Policies Currently in Place for Oklahoma**

<table>
<thead>
<tr>
<th>Policy</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1W</td>
<td>State requires all schools to have a heat modification policy</td>
</tr>
<tr>
<td>3W</td>
<td>The recommended heat policy is based off of Heat Index (adequate alternative if WBGT is unavailable)</td>
</tr>
<tr>
<td>6W</td>
<td>Policy includes modification of equipment (if applicable to the sport)</td>
</tr>
<tr>
<td>7W</td>
<td>Policy includes modification of work-to-rest ratios, including unrestricted access to fluids</td>
</tr>
</tbody>
</table>

**Possible Improvements for Oklahoma**

<table>
<thead>
<tr>
<th>Policy</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1H</td>
<td>Days 1–5 are the first formal practices. No more than 1 practice occurs per day</td>
</tr>
<tr>
<td>2H</td>
<td>In days 1-5, total practice time should not exceed 3 hours in any 1 day</td>
</tr>
<tr>
<td>3H</td>
<td>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)</td>
</tr>
<tr>
<td>2W</td>
<td>The heat policy is based off of WBGT (optimal measurement)</td>
</tr>
<tr>
<td>4W</td>
<td>The environmental conditions guidelines are based off of epidemiological data specific to that state/region (for bigger states a more comprehensive analysis may be needed)</td>
</tr>
<tr>
<td>5W</td>
<td>The heat policy has at minimum 4 levels of modification, including the modification of practice time</td>
</tr>
<tr>
<td>8W</td>
<td>Policy mentions the use of a shaded area for rest breaks</td>
</tr>
</tbody>
</table>