Pennsylvania’s Rank: **25th out of 51 States** (including Washington D.C)

Pennsylvania’s Score: **49.00 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 Pennsylvania Interscholastic Athletic Association (PIAA) and Pennsylvania’s legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019

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**Pennsylvania Score Breakdown**

- **EHS (Exertional Heat Stroke)**: 12 Points
- **THI (Traumatic Head Injuries)**: 15 Points
- **SCA (Sudden Cardiac Arrest)**: 15 Points
- **AHCC (Appropriate Healthcare Coverage)**: 2 Points
- **EP (Emergency Preparedness)**: 16 Points

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

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

**Pennsylvania scores among the nation’s best in both**
Appropriate Healthcare Coverage, Emergency Preparedness and Sudden Cardiac Arrest!

However, Pennsylvania has room to improve with Exertional Heat Stroke and Traumatic Head Injuries.

By simply improving Exertional Heat Stroke policies, Pennsylvania can leap up from 25th to 6th place in the rankings!

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**What Can You Do?**

Reach out to the Pennsylvania Interscholastic Athletic Association (PIAA). Make sure the officials responsible for student-athlete safety are using best practices.

PIAA Executive Director
Robert Lombardi
Email: rlombardi@piaa.org

PIAA Associate Executive Director
Melissa Mertz
Email: mmertz@piaa.org

PIAA Chief Operating Officer
Mark Byers
Email: mbyers@piaa.org

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**Specific Heat Stroke Policies**

**Policies Currently in Place for Pennsylvania**

**Policy 3EHS:** Require 4th Edition PPE forms from American Academy of Pediatrics of equivalent - Heat Stroke

**Possible Improvements for Pennsylvania**

**Policy 1W:** State requires all schools to have a heat modification policy

**Policy 2W:** The heat policy is based off of WBGT (optimal measurement)

**Policy 3W:** The recommended heat policy is based off of Heat Index (adequate alternative if WBGT is unavailable)

**Policy 4W:** 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)

**Policy 5W:** The heat policy has at minimum 4 levels of modification, including the modification of practice time

**Policy 6W:** Policy includes modification of equipment (if applicable to the sport)

**Policy 7W:** Policy includes modification of work-to-rest ratios, including unrestricted access to fluids

**Policy 8W:** Policy mentions the use of a shaded area for rest breaks

**Policy 1EHS:** Cold Water Immersion tubs for onsite cooling for all warm weather practices

**Policy 2EHS:** If exertional heat stroke is suspected, onsite cooling using cold water immersion before transport to the hospital

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