



Virginia's Rank: **20th out of 51 States** (including Washington D.C)

Virginia's Score: **53.40 out of 100 Points**

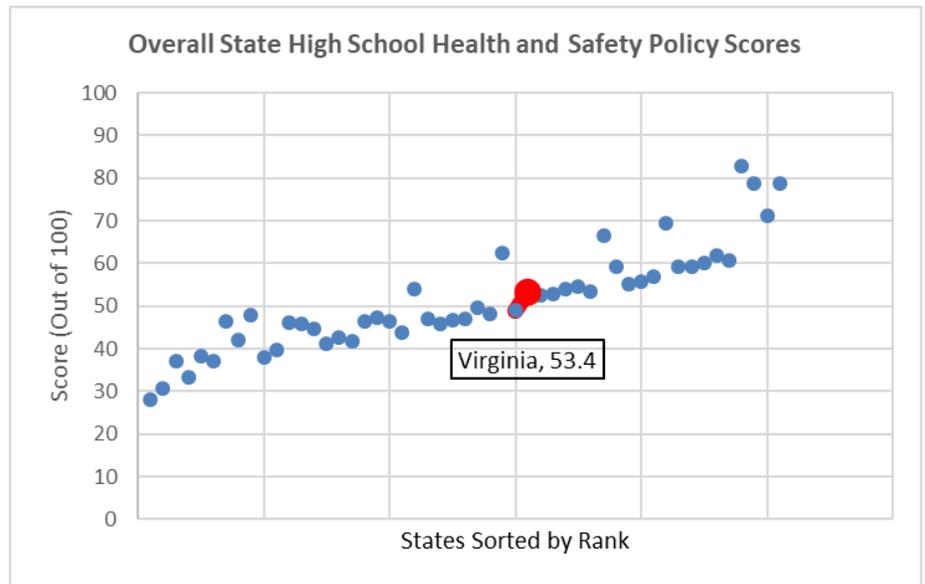
ABOUT KSI

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.

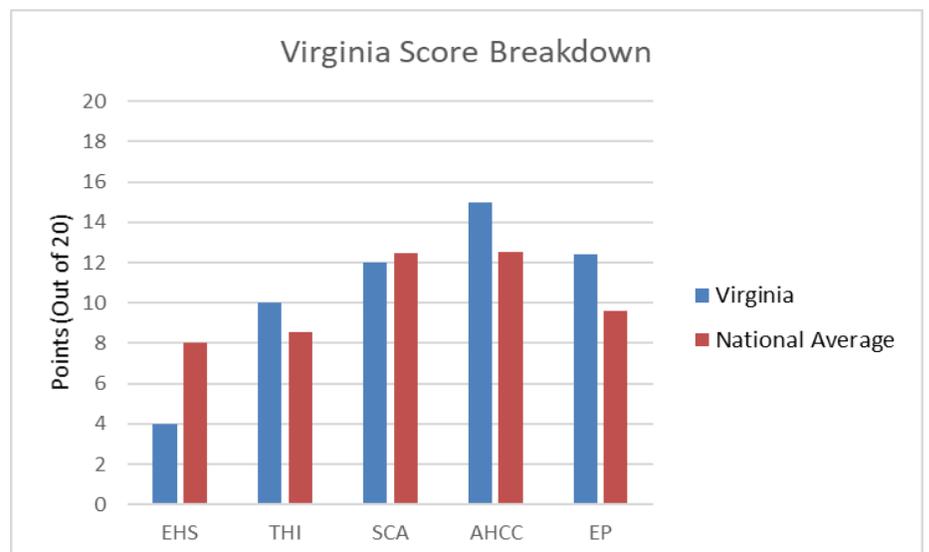
The Korey Stringer Institute is dedicated to preventing sudden death in sports. Recently KSI has published a study that ranked states by their health and safety policies according to best practices established by panels of experts in the field.

Our mission is to inform parents, coaches, and community members about the steps that Virginia High School League (VHSL) and Virginia's legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019



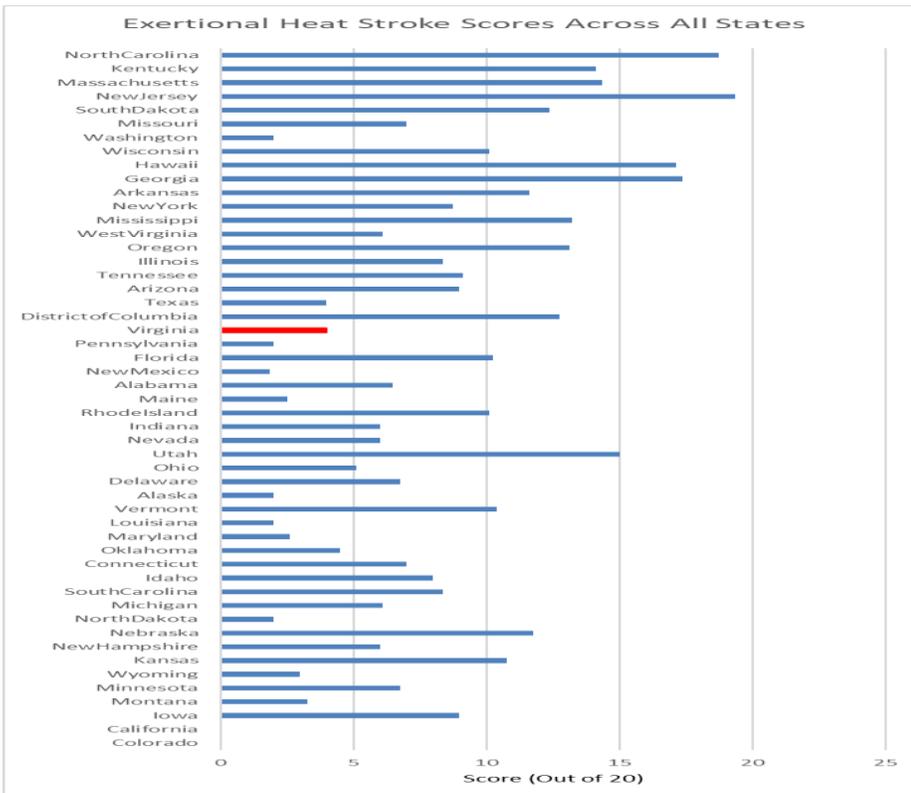
Strengths	Areas for Improvement
<ul style="list-style-type: none"> Healthcare Coverage Head Injuries Emergency Preparedness 	<ul style="list-style-type: none"> Heat Stroke Cardiac Arrest



Definitions:

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

Virginia and Exertional Heat Stroke



Virginia is one of the nation's leaders with Traumatic Head Injuries, Emergency Preparedness, and Appropriate Healthcare Coverage.

In Sudden Cardiac Arrest, and Exertional Heat Stroke, Virginia has room to grow.

Improving policies around Exertional Heat Stroke will shoot Virginia to the top of the leaderboard, from 20th place to 6th!

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

Exertional Heat Stroke Policies

What Can You Do?

Reach out to the Virginia High School League (VHSL). Make sure the officials responsible for student-athlete safety are using best practices.

VHSL Executive Director
John Haun
Email: bhaun@vhsl.org

VHSL Sports Medicine Advisory
Committee Chairman
Douglas Gregory
Email: dbgregory@aol.com

VHSL Executive Committee Chairman
Eric Baylor
Phone: 540-298-7450

Policies Currently in Place for Virginia

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.

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 Virginia

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 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 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.