West Virginia’s Rank: **11th out of 51 States** (including Washington D.C)

West Virginia’s Score: **59.33 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 West Virginia Secondary School Activities Commission (WVSSAC) and West Virginia’s legislators have taken to protect athletes.

Ranks and Scores are accurate as of August 2019

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

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

**What Can You Do?**

Reach out to the West Virginia Secondary School Activities Commission (WVSSAC). Make sure the officials responsible for student-athlete safety are using best practices.

WVSSAC Executive Director
Bernie Dolan
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WVSSAC Assistant Executive Director
Kelly Geddis
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West Virginia scores extremely well when it comes to Appropriate Healthcare Coverage, Emergency Preparedness, and Sudden Cardiac Arrest.

However, West Virginia has room to grow with Traumatic Head Injuries and Exertional Heat Stroke.

West Virginia falls farthest below that national average in Exertional Heat Stroke. Passing policies in this area could move West Virginia from 11th to 4th!

**Exertional Heat Stroke Policies**

**Policies Currently in Place for West Virginia**

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

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

**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

**Possible Improvements for West Virginia**

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

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

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**Exertional Heat Stroke Scores Across All States**

West Virginia scores extremely well when it comes to Appropriate Healthcare Coverage, Emergency Preparedness, and Sudden Cardiac Arrest.