Wyoming’s Rank: **48th out of 51 States** (including Wyoming D.C)

Wyoming’s Score: **37.00 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 the Wyoming High School Activities Association (WHSAA) and Wyoming’s legislators have taken to protect athletes.

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

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Ranks and Scores are accurate as of August 2019
**Wyoming and Exertional Heat Stroke**

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

**Exertional Heat Stroke Policies**

**Policies Currently in Place for Wyoming**

**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 Wyoming**

**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 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 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.

**Policy 7H:** On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment.

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**What Can You Do?**

Reach out to the Wyoming High School Activities Association (WHSSA). Make sure the officials responsible for student-athlete safety are using best practices.

**WHSSA Commissioner**
Ron Laird
Email: rlaird@whsaa.org

**WHSSA Associate Commissioner**
Trevor Wilson
Email: twilson@whsaa.org

**WHSSA Technology Director**
Scott McCash
Email: smccash@whsaa.org

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Wyoming ranked very well in Sudden Cardiac Arrest, and strongly in Appropriate Healthcare Coverage

Wyoming has room to improve in Traumatic Head Injuries, Emergency Preparedness, and Exertional Heat Stroke.

Wyoming falls farthest behind the national average in the Exertional Heat Stroke category. If Wyoming improved these policies, it could move from 48th to 18th!