

February 2020

Ranking at the time of this update:

Rank	State	Score (%)	Rank	State	Score (%)
1	New Jersey	83.4	27	New Mexico	48.7
2	Massachusetts	79.4	28	Vermont	47.8
3	North Carolina	79.38	29	Nebraska	47.75
4	Kentucky	71.13	30	Alaska	47.4
5	Hawaii	70.33	31	Maine	47.1
6	Georgia	70.2	32	Nevada	47
7	Oregon	66.6	33	South Carolina	46.8
8	Illinois	63	34	Rhode Island	46.73
8	Missouri	63	35	Kansas	46.35
10	Florida	62.45	36	Idaho	46
11	South Dakota	60.58	36	Indiana	46
12	Washington	60	38	Connecticut	44.8
13	Delaware	59.35	39	Ohio	43.93
14	West Virginia	59.33	40	Maryland	42.63
15	Wisconsin	59.13	41	New Hampshire	42
16	District of Columbia	58.55	42	Louisiana	41.8
17	Arkansas	56.83	43	Oklahoma	41.3
18	Mississippi	55.25	44	Michigan	39.73
19	Tennessee	54.73	45	Iowa	39
20	Utah	54	46	Minnesota	38.98
20	Arizona	54	47	North Dakota	38
22	Texas	53.6	48	Wyoming	37
23	Virginia	53.4	49	Colorado	34.4
24	Alabama	51.7	50	Montana	33.25
25	New York	50.75	51	California	30.8
26	Pennsylvania	49			

State	Old Rank	New Rank	Old Score	New Score	Change Score	Areas Changed
Alabama	24	24	49.7	51.7	+2	<p><i>Heat</i></p> <ul style="list-style-type: none"> 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 On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment.
Colorado	51	49	28	34.4	+6.4	<p><i>Emergency Preparedness</i></p> <ul style="list-style-type: none"> Every school or organization that sponsors athletics should develop an EAP specifically for managing serious and/or potentially life-threatening sport-related injuries (athletics emergency action plan AEAP) The AEAP should be specific to each venue (including maps, directions, etc.) AEAP should be reviewed and rehearsed annually by all parties involved CPR/AED and First aid training are required for all coaches
Delaware	29	13	47.35	59.35	+12	<p><i>Traumatic Head Injury</i></p> <ul style="list-style-type: none"> Heads Up football training for football coaches <p><i>Emergency Preparedness</i></p> <ul style="list-style-type: none"> Coaching education required as part of coaching certification on topics related to preventing sudden death in sport
District of Columbia	23	16	52.55	58.55	+6	<p><i>PPE Questions</i></p> <ul style="list-style-type: none"> Require Cardiac Arrest question Require Sickle Cell question
Hawaii	13	5	59.13	70.33	+11.2	<p><i>Traumatic Head Injury</i></p>

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- Heads Up football training for football coaches

Emergency Preparedness

- Every school or organization that sponsors athletics should develop an EAP specifically for managing serious and/or potentially life-threatening sport-related injuries (athletics emergency action plan AEAP)
- The AEAP should be developed and coordinated with local EMS, school public safety officials, on site medical personnel or school medical staff, and school administrators
- The AEAP should be specific to each venue (including maps, directions, etc.)
- AEAP should be reviewed and rehearsed annually by all parties involved

Illinois

20

8

54

63

+9

Heat

- 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)
- 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
- 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.

						<ul style="list-style-type: none"> On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment.
						<p><i>Sudden Cardiac Arrest</i></p> <ul style="list-style-type: none"> AED should be stored in a safe place Institutions sponsoring athletic events/activities should have an AED on site or access to one at each athletic venue for practices, games, or other athletic events Location of AED should be well marked, publicized, accessible and known among trained staff
Iowa	47	45	37	39	+2	<p><i>Sudden Cardiac Arrest</i></p> <ul style="list-style-type: none"> The AED should be used only after enacting the EMS system
Missouri	8	8	62	63	+1	<p><i>Heat</i></p> <ul style="list-style-type: none"> On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment.
New York	15	25	55.75	50.75	-5	<p><i>Appropriate Health Care Coverage</i></p> <ul style="list-style-type: none"> Some form (registered)
New Mexico	26	27	48.08	48.7	+0.625	<p><i>Heat</i></p> <ul style="list-style-type: none"> Policy includes modification of work:rest ratios, including unrestricted access to fluids
Texas	22	22	52.8	53.6	+0.8	<p><i>Emergency Preparedness</i></p> <ul style="list-style-type: none"> The AEAP should be specific to each venue (including maps, directions, etc.)
Vermont	31	28	47	47.8	+0.8	<p><i>Emergency Preparedness</i></p> <ul style="list-style-type: none"> The AEAP should be developed and coordinated with local EMS, school public safety officials, on site medical personnel or school medical staff, and school administrators