

August 2020

Ranking at the time of this update:

Rank	State	Score (%)	Rank	State	Score (%)
1	New Jersey	85.00	27	Pennsylvania	49.00
2	Massachusetts	79.40	28	New Mexico	48.70
3	North Carolina	79.38	29	Vermont	47.80
4	Florida	76.83	30	Nebraska	47.75
5	Kentucky	71.13	31	Alaska	47.40
6	Hawaii	70.33	32	Maine	47.10
7	Georgia	70.20	33	Nevada	47.00
8	Oregon	66.59	34	South Carolina	46.80
9	Louisiana	65.00	35	Rhode Island	46.73
10	Illinois	63.00	36	Kansas	46.35
10	Missouri	63.00	37	Idaho	46.00
12	Tennessee	61.35	37	Indiana	46.00
13	Arkansas	61.20	39	Connecticut	44.80
14	South Dakota	60.58	40	Ohio	43.93
15	Washington	60.00	41	Oklahoma	42.90
16	Delaware	59.35	42	Maryland	42.63
17	West Virginia	59.33	43	New Hampshire	42.00
18	Wisconsin	59.13	44	Michigan	39.73
19	District of Columbia	58.55	45	Iowa	39
20	Mississippi	55.25	46	Minnesota	38.98
21	Utah	54.00	47	North Dakota	38.00
21	Arizona	54.00	48	Wyoming	37.00
23	Texas	53.60	49	Colorado	34.40
24	Virginia	53.40	50	Montana	33.25
25	Alabama	51.70	51	California	30.80
26	New York	50.75			

State	Old Rank	New Rank	Old Score	New Score	Change Score	Areas Changed
Arkansas	11	13	56.03	61.20	+5.17	<p><i>Heat</i></p> <ul style="list-style-type: none"> • The heat policy is based off of WBGT (optimal measurement) • 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) • The heat policy has at minimum 4 levels of modification, including the modification of practice time • Policy includes modification of equipment (if applicable to the sport) • Policy includes modification of work:rest ratios, including unrestricted access to fluids • Policy mentions the use of a shaded area for rest breaks
Florida	23	4	48.25	76.20	+27.95	<p><i>Heat</i></p> <ul style="list-style-type: none"> • State requires all schools to have a heat modification policy • The heat policy is based off of WBGT (optimal measurement) • The heat policy has at minimum 4 levels of modification, including the modification of practice time • Policy includes modification of equipment (if applicable to the sport) • Policy includes modification of work:rest ratios, including unrestricted access to fluids • 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) • Cold Water Immersion tubs for onsite cooling for all warm weather practices • If exertional heat stroke is suspected, onsite cooling using cold water immersion before transport to the hospital

Sudden Cardiac Arrest

-
- Institutions sponsoring athletic events/activities should have a 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
-

Louisiana 45 9 41.00 65.00 +24 *Heat*

- Days 1–5 are the first formal practices. No more than 1 practice occurs per day
 - In days 1-5, total practice time should not exceed 3 hours in any 1 day
 - 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.
 - On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment.
 - State requires all schools to have a heat modification policy
 - The recommended heat policy is based off of WBGT
-

- 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)
- The heat policy has at minimum 4 levels of modification, including the modification of practice time
- Policy includes modification of equipment (if applicable to the sport)
- Policy includes modification of work:rest ratios, including unrestricted access to fluids
- Policy mentions the use of a shaded area for rest breaks

Emergency Preparedness

- 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
 - Every school should distribute the AEAP to all athletics staff members
 - The AEAP should be specific to each venue (including maps, directions, etc.)
 - On-site emergency equipment that may be needed in an emergency situation should be listed
 - The AEAP should identify personnel and their responsibilities to carry out the plan of action with a designated chain of command
 - Appropriate contact information for EMS
 - Plan should specify documentation actions that need to be taken post emergency
 - AEAP should be reviewed and rehearsed annually by all parties involved
 - Healthcare professionals who will provide medical coverage during games, practices, or other events should be included
-

						<ul style="list-style-type: none"> Coaching education required as part of coaching certification on topics relating to preventing sudden death in sport
New Jersey	4	1	67.03	85.00	+17.97	<i>Emergency Preparedness</i> <ul style="list-style-type: none"> Plan should specify documentation actions that need to be taken post emergency AEAP should be reviewed and rehearsed annually by all parties involved
Oklahoma	37	41	40.50	42.90	+2.4	<i>Emergency Preparedness</i> <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 AEAP should be reviewed and rehearsed annually by all parties involved
Tennessee	17	12	52.73	61.25	+8.62	<i>Heat</i> <ul style="list-style-type: none"> 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) Cold Water Immersion tubs for onsite cooling for all warm weather practices If exertional heat stroke is suspected, onsite cooling using cold water immersion before transport to the hospital
