

March 2021

Ranking at the time of this update:

Rank	State	Score (%)	Rank	State	Score (%)
1	New Jersey	85.00	27	Maine	51.10
2	Massachusetts	79.40	28	New York	50.75
3	North Carolina	79.38	29	Kansas	50.35
4	Florida	76.20	30	Vermont	49.80
5	Kentucky	71.75	31	Pennsylvania	49.00
6	Hawaii	71.33	32	New Mexico	48.70
7	District of Columbia	70.75	33	Nebraska	47.75
8	Georgia	70.20	34	Alaska	47.40
9	Tennessee	69.35	35	Nevada	47.00
10	Oregon	68.59	36	South Carolina	46.80
11	Louisiana	65.00	37	Rhode Island	46.73
12	Washington	63.13	37	Idaho	46.00
13	Illinois	63.00	39	Connecticut	44.80
13	Missouri	63.00	40	Michigan	44.73
15	Arkansas	61.20	41	Ohio	43.93
16	South Dakota	60.58	42	Oklahoma	42.90
17	Delaware	59.35	43	Maryland	42.63
18	Wisconsin	59.13	44	New Hampshire	42.00
19	West Virginia	58.53	45	Iowa	39
20	Arizona	55.60	46	Minnesota	38.98
21	Mississippi	55.25	47	North Dakota	38.00
21	Utah	54.00	48	Wyoming	37.00
23	Texas	53.60	49	Colorado	36.00
24	Virginia	53.40	50	Montana	33.25
25	Indiana	52.00	51	California	30.80
26	Alabama	51.70			

State	Old Rank	New Rank	Old Score	New Score	Change Score	Areas Changed
Arizona	21	18	54.00	55.60	+1.6	<p><i>Emergency Preparedness</i></p> <ul style="list-style-type: none"> <li>• 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)</li> <li>• Every school should distribute the AEAP to all athletics staff members</li> </ul>
Colorado	49	49	34.40	36.00	+1.6	<p><i>Emergency Preparedness</i></p> <ul style="list-style-type: none"> <li>• The AEAP should identify personnel and their responsibilities to carry out the plan of action with a designated chain of command</li> <li>• Appropriate contact information for EMS</li> </ul>
District of Columbia	19	7	58.55	70.75	+12.2	<p><i>Heat</i></p> <ul style="list-style-type: none"> <li>• If exertional heat stroke is suspected, onsite cooling using cold water immersion before transport to the hospital</li> </ul> <p><i>Cardiac</i></p> <ul style="list-style-type: none"> <li>• All athletic trainers, coaches, administrators, school nurses, and physical education teachers should have access to an AED on school property</li> </ul> <p><i>Emergency Preparedness</i></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Every school should distribute the AEAP to all athletics staff members</li> <li>• The AEAP should be specific to each venue (including maps, directions, etc.)</li> <li>• On-site emergency equipment that may be needed in an emergency situation should be listed</li> </ul>

						<ul style="list-style-type: none"> <li>• The AEAP should identify personnel and their responsibilities to carry out the plan of action with a designated chain of command</li> <li>• Appropriate contact information for EMS</li> <li>• Plan should specify documentation actions that need to be taken post emergency</li> <li>• AEAP should be reviewed and rehearsed annually by all parties involved</li> <li>• Healthcare professionals who will provide medical coverage during games, practices, or other events should be included</li> </ul>
<b>Hawaii</b>	6	6	70.33	71.33	+1.0	<i>Heat</i> <ul style="list-style-type: none"> <li>• On a double-practice day, the 2 practices should be separated by at least 3 continuous hours in a cool environment</li> </ul>
<b>Indiana</b>	37	25	46.00	52.00	+6.00	<i>Traumatic Head Injuries</i> <ul style="list-style-type: none"> <li>• A minimum of a 5-step graduated return to play protocol before full return to activity. No more than 2 phases in any one day. If symptoms return during any one step, athlete must regress to previous step (points deducted during this audit)</li> <li>• Heads up Football Training for football coaches</li> </ul>
<b>Kansas</b>	36	29	46.35	50.35	+4.00	<i>Heat</i> <ul style="list-style-type: none"> <li>• 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)</li> </ul>
<b>Maine</b>	32	27	47.10	51.10	+4.00	<i>Traumatic Head Injuries</i> <ul style="list-style-type: none"> <li>• Athletes are not permitted to return to play until they fully return to school</li> <li>• A minimum of a 5-step graduated return to play protocol before full return to activity. No more than 2 phases in any one day. If symptoms return during any one step, athlete must regress to previous step</li> </ul>
<b>Michigan</b>	44	40	39.73	44.73	+5.00	<i>Appropriate Health Care Coverage</i> <ul style="list-style-type: none"> <li>• Appropriate healthcare profession recommended to be onsite at all collision/contact practices and competitions</li> </ul>

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<b>Oregon</b>	8	10	66.59	68.59	+2.00	<i>Traumatic Head Injuries</i> <ul style="list-style-type: none"> <li>A minimum of a 5-step graduated return to play protocol before full return to activity. No more than 2 phases in any one day. If symptoms return during any one step, athlete must regress to previous step</li> </ul>
<b>Tennessee</b>	12	9	61.35	69.35	+8.00	<i>Heat</i> <ul style="list-style-type: none"> <li>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)</li> <li>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</li> <li>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</li> </ul> <i>Appropriate Health Care Coverage</i> <ul style="list-style-type: none"> <li>Appropriate healthcare profession recommended to be onsite at all collision/contact practices and competitions</li> </ul>
<b>Vermont</b>	29	30	47.80	49.80	+2.00	<i>Cardiac</i> <ul style="list-style-type: none"> <li>Individuals [all personnel involved with sponsored athletic events/activities] should be provided annual training and certification in cardiopulmonary resuscitation (CPR) and AED use</li> </ul>
<b>Washington</b>	15	12	60.00	63.13	+3.13	<i>Heat</i> <ul style="list-style-type: none"> <li>State requires all schools to have a heat modification policy</li> <li>The recommended heat policy is based off of Heat Index (adequate alternative if WBGT is unavailable)</li> </ul>

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						<ul style="list-style-type: none"><li>• The heat policy has at minimum 4 levels of modification, including the modification of practice time</li><li>• Policy includes modification of equipment (if applicable to the sport)</li><li>• Policy includes modification of work:rest ratios, including unrestricted access to fluids</li></ul>
<b>West Virginia</b>	17	19	59.33	58.53	-0.8	<i>Emergency Preparedness</i> <ul style="list-style-type: none"><li>• AEAP should be reviewed and rehearsed annually by all parties involved (points deducted during this audit)</li></ul>

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