

# ASSEMBLY, No. 6017

## STATE OF NEW JERSEY 218th LEGISLATURE

INTRODUCED DECEMBER 5, 2019

**Sponsored by:**

**Assemblywoman VERLINA REYNOLDS-JACKSON**

**District 15 (Hunterdon and Mercer)**

**Assemblyman BENJIE E. WIMBERLY**

**District 35 (Bergen and Passaic)**

**Assemblyman ANTHONY S. VERRELLI**

**District 15 (Hunterdon and Mercer)**

**Co-Sponsored by:**

**Assemblywoman Vainieri Huttle and Assemblyman Caputo**

**SYNOPSIS**

Requires Commissioner of Education to develop and distribute heat stroke pamphlet for athletes at public and nonpublic schools; requires school districts and public institutions of higher education to establish heat illness policy for athletes.

**CURRENT VERSION OF TEXT**

As introduced.



**(Sponsorship Updated As Of: 12/6/2019)**

1 AN ACT concerning the prevention of heat illness in student-athletes  
2 and supplementing Title 18A of the New Jersey Statutes.

3

4 **BE IT ENACTED** *by the Senate and General Assembly of the State*  
5 *of New Jersey:*

6

7 1. a. The Commissioner of Education shall develop a pamphlet  
8 that provides information about exertional heat stroke to student-  
9 athletes and the parents or guardians of student-athletes and shall  
10 post the information on the Department of Education's website. The  
11 pamphlet shall include: an explanation of exertional heat stroke;  
12 how to prevent exertional heat stroke; factors which may increase a  
13 student's risk for exertional heat stroke; a description of early  
14 warning signs of exertional heat stroke; how to recognize symptoms  
15 of heat stroke; appropriate ways to treat heat stroke; and a form to  
16 be signed by the student-athlete and his parent or guardian, coaches,  
17 assistant coaches, and athletic trainers acknowledging receipt and  
18 review of the pamphlet.

19 b. The commissioner shall distribute the pamphlet, at no  
20 charge, to all school districts and nonpublic schools in the State and  
21 shall update the pamphlet as necessary.

22 c. Each school district and nonpublic school shall distribute the  
23 pamphlet to the parents or guardians of students participating in  
24 athletic activities and to all coaches, assistant coaches, and athletic  
25 trainers.

26 d. (1) A student participating in, or desiring to participate in,  
27 an athletic activity and the student's parent or guardian shall, each  
28 year and prior to participation by the student in an athletic activity,  
29 sign and return to the student's school the form developed by the  
30 commissioner pursuant to subsection a. of this section  
31 acknowledging the receipt and review of the informational  
32 pamphlet.

33 (2) All coaches, assistant coaches, and athletic trainers shall sign  
34 the form developed by the commissioner pursuant to subsection a.  
35 of this section acknowledging the receipt and review of the  
36 informational pamphlet. The form shall be returned to the  
37 superintendent of schools or the chief school administrator in the  
38 case of a nonpublic school.

39 e. As used in this section, "athletic activity" means:  
40 interscholastic athletics; an athletic contest or competition, other  
41 than interscholastic athletics, that is sponsored by or associated with  
42 a school district or nonpublic school, including cheerleading and  
43 club-sponsored sports activities; and any practice or interschool  
44 practice or scrimmage for those activities.

45

46 2. a. A school district shall adopt a policy for the prevention  
47 and treatment of exertional heat illnesses in athletes for all sports

1 practices, games, and contests conducted outdoors. The policy shall  
2 be in conformance with the New Jersey State Interscholastic  
3 Athletic Association's heat participation policy, to the extent that  
4 the association's policy is not in conflict with this act. The school  
5 district policy shall include:

6 (1) At least a four-step progression of heat-acclimatization  
7 modifications, with specific modification of equipment, if  
8 applicable to the sport, specific modification of work to rest ratios,  
9 specific modification of total practice time, specific modification of  
10 water breaks, and the use of shaded area for rest breaks;

11 (2) Wet Bulb Global Temperature guidelines. The policy shall  
12 follow modified guidelines of the American College of Sports  
13 Medicine in regard to: the scheduling of practice, games, and  
14 contests during times of various Wet Bulb Global Temperature  
15 levels, including levels at which practice, games, and contests will  
16 be modified or terminated; and the ratio of workout time to time  
17 allotted for rest and hydration during times of various Wet Bulb  
18 Global Temperature levels. The Wet Bulb Global Temperature  
19 guidelines shall take into consideration acclimated student-athletes  
20 and non-acclimated student-athletes; and

21 (3) A requirement that student-athletes have uninhibited access  
22 to hydration and a cooling space which can be a shaded area or an  
23 indoor air-conditioned area. At a Wet Bulb Global Temperature  
24 level of 82, ice shall be available to coaches and student-athletes.

25 b. In the case of the death a student-athlete which is related to  
26 his performance in public school athletics, the Commissioner of  
27 Education shall commission an independent third party to conduct  
28 an investigation. The results of the investigation shall be provided  
29 to the parent or guardian of the student-athlete and shall be made  
30 public, to the extent permissible under federal and State law.

31

32 3. a. A public institution of higher education shall adopt a  
33 policy for the prevention and treatment of exertional heat illnesses  
34 in athletes for all sports practices, games, and contests conducted  
35 outdoors. The policy shall be in conformance with the heat  
36 participation policy adopted by the athletic association governing  
37 athletics at the institution, to the extent that the athletic  
38 association's policy is not in conflict with this act. The institution's  
39 policy shall include:

40 (1) At least a four-step progression of heat-acclimatization  
41 modifications, with specific modification of equipment, if  
42 applicable to the sport, specific modification of work to rest ratios,  
43 specific modification of total practice time, specific modification of  
44 water breaks, and the use of shaded area for rest breaks;

45 (2) Wet Bulb Global Temperature guidelines. The policy shall  
46 follow modified guidelines of the American College of Sports

1 Medicine in regard to: the scheduling of practice, games, and  
2 contests during times of various Wet Bulb Global Temperature  
3 levels, including levels at which practice, games, and contests will  
4 be modified or terminated; and the ratio of workout time to time  
5 allotted for rest and hydration during times of various Wet Bulb  
6 Global Temperature levels. The Wet Bulb Global Temperature  
7 guidelines shall take into consideration acclimated student-athletes  
8 and non-acclimated student-athletes; and

9 (3) A requirement that student-athletes have uninhibited access  
10 to hydration and a cooling space which can be a shaded area or an  
11 indoor air-conditioned area. At a Wet Bulb Global Temperature  
12 level of 82, ice shall be available to coaches and student-athletes.

13 b. In the case of death a student-athlete which is related to his  
14 performance in collegiate athletics, an institution of higher  
15 education shall commission an independent third party to conduct  
16 an investigation. The results of the investigation shall be provided  
17 to the parent or guardian of the student-athlete and shall be made  
18 public, to the extent permissible under federal and State law.

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20 4. This act shall take effect immediately.

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#### STATEMENT

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25 This bill requires the Commissioner of Education to develop a  
26 pamphlet that provides information about exertional heat stroke to  
27 student-athletes and the parents or guardians of student-athletes.  
28 The commissioner is also required to post the information on the  
29 department's website. The pamphlet must include: an explanation  
30 of exertional heat stroke; how to prevent exertional heat stroke;  
31 factors which may increase a student's risk for exertional heat  
32 stroke; a description of early warning signs of exertional heat  
33 stroke; how to recognize symptoms of heat stroke; appropriate ways  
34 to treat heat stroke; and a form to be signed by the student-athlete  
35 and his parent or guardian, and coaches, assistant coaches, and  
36 athletic trainers acknowledging receipt and review of the pamphlet.

37 The commissioner must provide the pamphlet, at no charge, to  
38 all school districts and nonpublic schools, and they are required to  
39 distribute the pamphlet to the parents or guardians of all student-  
40 athletes and to all coaches, assistant coaches, and athletic trainers.  
41 A student-athlete and the student-athlete's parent or guardian are  
42 required to acknowledge the receipt of the pamphlet and review it.  
43 The coaches, assistant coaches, and athletic trainers are also  
44 required to acknowledge the receipt of the pamphlet and review it.

45 The bill requires school districts, as well as public institutions of  
46 higher education, to adopt a policy for the prevention and treatment

- 1 of exertional heat illnesses in athletes for all sports practices,  
2 games, and contests conducted outdoors. The policy must include:
- 3 • At least a four-step progression of heat-acclimatization  
4 modifications, with specific modification of equipment, if  
5 applicable to the sport, specific modification of work to  
6 rest ratios, specific modification of total practice time,  
7 specific modification of water breaks, and the use of  
8 shaded area for rest breaks;
  - 9 • Wet Bulb Global Temperature (WBGT) guidelines. The  
10 policy will follow modified guidelines of the American  
11 College of Sports Medicine in regard to: the scheduling of  
12 practice, games, and contests during times of various  
13 WBGT levels, including levels at which practice, games,  
14 and contests will be modified or terminated; and the ratio  
15 of workout time to time allotted for rest and hydration  
16 during times of various WBGT levels. The WBGT  
17 guidelines must take into consideration acclimated  
18 student-athletes and non-acclimated student-athletes; and
  - 19 • A requirement that student-athletes have uninhibited  
20 access to hydration and a cooling space. At a WBGT  
21 level of 82, ice shall be available to coaches and student-  
22 athletes.

23 The bill also requires that an investigation conducted by an  
24 independent third party must be commissioned in the case of the  
25 death of a student-athlete which is related to his athletic  
26 performance. In the case of school districts, the investigation will  
27 be commissioned by the Commissioner of Education and in the case  
28 of public institutions of higher education, it will be the institution  
29 that commissions the investigation. The results of the investigation  
30 will be provided to the parent or guardian of the student-athlete and  
31 also will be made public, to the extent permissible under federal and  
32 State law.