

SENATE, No. 4100

STATE OF NEW JERSEY 218th LEGISLATURE

INTRODUCED SEPTEMBER 10, 2019

Sponsored by:

Senator VIN GOPAL

District 11 (Monmouth)

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.



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
48 practices, games, and contests conducted outdoors. The policy shall

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

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

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

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

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

30

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

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

44 (2) Wet Bulb Global Temperature guidelines. The policy shall
45 follow modified guidelines of the American College of Sports
46 Medicine in regard to: the scheduling of practice, games, and
47 contests during times of various Wet Bulb Global Temperature
48 levels, including levels at which practice, games, and contests will

1 be modified or terminated; and the ratio of workout time to time
2 allotted for rest and hydration during times of various Wet Bulb
3 Global Temperature levels. The Wet Bulb Global Temperature
4 guidelines shall take into consideration acclimated student-athletes
5 and non-acclimated student-athletes; and

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

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

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17 4. This act shall take effect immediately.
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20 STATEMENT

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

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

42 The bill requires school districts, as well as public institutions of
43 higher education, to adopt a policy for the prevention and treatment
44 of exertional heat illnesses in athletes for all sports practices,
45 games, and contests conducted outdoors. The policy must include:

- 46 • At least a four-step progression of heat-acclimatization
47 modifications, with specific modification of equipment, if
48 applicable to the sport, specific modification of work to

- 1 rest ratios, specific modification of total practice time,
2 specific modification of water breaks, and the use of
3 shaded area for rest breaks;
- 4 • Wet Bulb Global Temperature (WBGT) guidelines. The
5 policy will follow modified guidelines of the American
6 College of Sports Medicine in regard to: the scheduling of
7 practice, games, and contests during times of various
8 WBGT levels, including levels at which practice, games,
9 and contests will be modified or terminated; and the ratio
10 of workout time to time allotted for rest and hydration
11 during times of various WBGT levels. The WBGT
12 guidelines must take into consideration acclimated
13 student-athletes and non-acclimated student-athletes; and
 - 14 • A requirement that student-athletes have uninhibited
15 access to hydration and a cooling space. At a WBGT
16 level of 82, ice shall be available to coaches and student-
17 athletes.

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