

SENATE, No. 349

STATE OF NEW JERSEY 220th LEGISLATURE

PRE-FILED FOR INTRODUCTION IN THE 2022 SESSION

Sponsored by:

Senator VIN GOPAL

District 11 (Monmouth)

Senator JEAN STANFIELD

District 8 (Atlantic, Burlington and Camden)

SYNOPSIS

Requires public colleges to adopt policy for prevention and treatment of exertional heat illness; requires pamphlet on heat stroke be provided to student-athletes, parents, and coaches at public colleges and K-12 schools.

CURRENT VERSION OF TEXT

As reported by the Senate Higher Education Committee with technical review.



(Sponsorship Updated As Of: 3/14/2022)

1 AN ACT concerning the prevention of heat illness in student-
2 athletes, amending P.L.2019, c.293, and supplementing chapters
3 40 and 62 of Title 18A of the New Jersey Statutes.
4

5 **BE IT ENACTED** *by the Senate and General Assembly of the State*
6 *of New Jersey:*
7

8 1. Section 1 of P.L.2019, c.293 (C.18A:11-3.10) is amended to
9 read as follows:

10 1. A school district which is a member of any voluntary
11 association, pursuant to section 1 of P.L.1979, c.172 (C.18A:11-3),
12 which oversees activities associated with Statewide interscholastic
13 sports programs shall:

14 a. Adopt the "Heat Participation Policy" required by the New
15 Jersey State Interscholastic Athletic Association for conducting
16 practice or games in all sports during times of **high** heat or
17 humidity. The association's policy shall **address** include:

18 **[(1) the scheduling of practice or games during times of various**
19 **heat and humidity levels;**

20 **(2) the ratio of time devoted to workouts to time allotted for rest**
21 **and hydration during various heat and humidity levels; and**

22 **(3) the heat and humidity levels at which practice or games will**
23 **be canceled.]**

24 (1) at least a five-step progression of heat-acclimatization
25 modifications, with specific modification of equipment, if
26 applicable to the sport, specific modification of work to rest ratios,
27 specific modification of total practice time, specific modification of
28 water breaks, and the use of shaded area for rest breaks;

29 (2) WetBulb Globe Temperature guidelines. The policy shall
30 follow guidelines developed by the New Jersey State Interscholastic
31 Athletic Association in regard to: the scheduling of practice, games,
32 and contests during times of various WetBulb Globe Temperature
33 levels, including levels at which practice, games, and contests will
34 be modified or terminated; and the ratio of workout time to time
35 allotted for rest and hydration during times of various WetBulb
36 Globe Temperature levels. The WetBulb Globe Temperature
37 guidelines shall take into consideration acclimatized student-
38 athletes and non-acclimatized student-athletes; and

39 (3) a requirement that student-athletes have uninhibited access
40 to hydration and a cooling space which can be a shaded area or an
41 indoor air-conditioned area. At a WetBulb Globe Temperature level
42 of 80, ice shall be available to coaches and student-athletes.

43 The guidelines included in the association's policy shall provide
44 a default policy to those responsible or sharing duties for making
45 decisions concerning the implementation of modifications or

EXPLANATION – Matter enclosed in bold-faced brackets **[thus]** in the above bill is
not enacted and is intended to be omitted in the law.

Matter underlined thus is new matter.

1 cancellation of practices or games based on the presence of heat and
2 humidity.

3 b. Purchase a WetBulb Globe Temperature (WBGT) **【tool】**
4 monitoring device to measure the heat stress in direct sunlight at the
5 practice or game site. Heat stress consists of temperature, humidity,
6 wind speed, the angle of the sun, and cloud coverage.

7 A school district shall adopt the association's policy concerning
8 the frequency and recording of WetBulb Globe Temperature
9 (WBGT) measurements.

10 c. In the case of the death a student-athlete which is related to
11 his performance in public school athletics, the Commissioner of
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.

16 (cf: P.L.2019, c.293, s.1)

17

18 2. (New section) a. The Commissioner of Education shall
19 develop a pamphlet that provides information about exertional heat
20 stroke to student-athletes and the parents or guardians of student-
21 athletes and shall post the information on the Department of
22 Education's website. The pamphlet shall include: an explanation of
23 exertional heat stroke; how to decrease the risk of exertional heat
24 stroke; factors which may increase a student's risk for exertional
25 heat stroke; a description of early warning signs of exertional heat
26 stroke; how to recognize symptoms of exertional heat stroke;
27 appropriate ways to treat exertional heat stroke; and a form to be
28 signed by the student-athlete and his parent or guardian, coaches,
29 assistant coaches, and athletic trainers acknowledging receipt and
30 review of the pamphlet.

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

34 c. Each school district and nonpublic school shall distribute the
35 pamphlet to the parents or guardians of students participating in
36 athletic activities and to all coaches, assistant coaches, and athletic
37 trainers.

38 d. (1) A student participating in, or desiring to participate in,
39 an athletic activity and the student's parent or guardian shall, each
40 year and prior to participation by the student in an athletic activity,
41 sign and return to the student's school the form developed by the
42 commissioner pursuant to subsection a. of this section
43 acknowledging the receipt and review of the pamphlet.

44 (2) All coaches, assistant coaches, and athletic trainers shall sign
45 the form developed by the commissioner pursuant to subsection a.
46 of this section acknowledging the receipt and review of the
47 informational pamphlet. The form shall be returned to the

1 superintendent of schools or the chief school administrator in the
2 case of a nonpublic school.

3 e. As used in this section, "athletic activity" means:
4 interscholastic athletics; an athletic contest or competition, other
5 than interscholastic athletics, that is sponsored by or associated with
6 a school district or nonpublic school, including cheerleading and
7 club-sponsored sports activities; and any practice or interschool
8 practice or scrimmage for those activities.

9
10 3. (New section) a. A public institution of higher education
11 shall adopt a policy for the prevention and treatment of exertional
12 heat illnesses in athletes for all sports practices, games, and contests
13 conducted outdoors. The policy shall be in conformance with the
14 heat participation policy adopted by the National Collegiate
15 Athletic Association. The institution's policy shall include:

16 (1) At least a five-step progression of heat-acclimatization
17 modifications, with specific modification of equipment, if
18 applicable to the sport, specific modification of work to rest ratios,
19 specific modification of total practice time, specific modification of
20 water breaks, and the use of shaded area for rest breaks;

21 (2) WetBulb Globe Temperature guidelines. The policy shall
22 follow modified guidelines of the American College of Sports
23 Medicine in regard to: the scheduling of practice, games, and
24 contests during times of various WetBulb Globe Temperature
25 levels, including levels at which practice, games, and contests will
26 be modified or terminated; and the ratio of workout time to time
27 allotted for rest and hydration during times of various WetBulb
28 Globe Temperature levels. The WetBulb Globe Temperature
29 guidelines shall take into consideration acclimatized student-
30 athletes and non-acclimatized student-athletes; and

31 (3) A requirement that student-athletes have uninhibited access
32 to hydration and a cooling space which can be a shaded area or an
33 indoor air-conditioned area. At a WetBulb Globe Temperature level
34 of 80, ice shall be available to coaches and student-athletes.

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

41
42 4. (New section) a. The Secretary of Higher Education shall
43 develop a pamphlet that provides information about exertional heat
44 stroke to student-athletes and shall post the information on the
45 Office of the Secretary of Higher Education's website. The
46 pamphlet shall include: an explanation of exertional heat stroke;
47 how to decrease the risk of exertional heat stroke; factors which
48 may increase a student's risk for exertional heat stroke; a

- 1 description of early warning signs of exertional heat stroke; how to
2 recognize symptoms of exertional heat stroke; appropriate ways to
3 treat exertional heat stroke; and a form to be signed by the student-
4 athlete, coaches, assistant coaches, and athletic trainers
5 acknowledging receipt and review of the pamphlet.
- 6 b. Each public institution of higher education shall distribute
7 the pamphlet to the parents or guardians of students participating in
8 athletic activities and to all coaches, assistant coaches, and athletic
9 trainers.
- 10 c. (1) A student participating in, or desiring to participate in,
11 an athletic activity shall, each year and prior to participation by the
12 student in an athletic activity, sign and return the form developed by
13 the secretary pursuant to subsection a. of this section
14 acknowledging the receipt and review of the informational
15 pamphlet. The form shall be returned by the student to a person
16 designated by the institution.
- 17 (2) All coaches, assistant coaches, and athletic trainers shall
18 sign the form developed by the secretary pursuant to subsection a.
19 of this section acknowledging the receipt and review of the
20 informational pamphlet. The form shall be returned to the person
21 designated by the institution.
- 22
- 23 5. This act shall take effect immediately.