

[First Reprint]

SENATE, No. 2901

STATE OF NEW JERSEY
219th LEGISLATURE

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Sponsored by:

Senator VIN GOPAL

District 11 (Monmouth)

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 on December 10, 2020, with amendments.



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

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

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

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

15 a. Adopt the "Heat Participation Policy" required by the New
 16 Jersey State Interscholastic Athletic Association for conducting
 17 practice or games in all sports during times of ¹**high**¹ heat or
 18 humidity. The association's policy shall **address** include:

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

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

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

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

30 (2) WetBulb ¹**Global**¹ Globe¹ Temperature guidelines. The
 31 policy shall follow ¹**modified guidelines of the American College**
 32 of Sports Medicine guidelines developed by the New Jersey State
 33 Interscholastic Athletic Association¹ in regard to: the scheduling of
 34 practice, games, and contests during times of various WetBulb
 35 ¹**Global**¹ Globe¹ Temperature levels, including levels at which
 36 practice, games, and contests will be modified or terminated; and
 37 the ratio of workout time to time allotted for rest and hydration
 38 during times of various WetBulb ¹**Global**¹ Globe¹ Temperature
 39 levels. The WetBulb ¹**Global**¹ Globe¹ Temperature guidelines
 40 shall take into consideration acclimatized student-athletes and non-
 41 acclimatized student-athletes; and

42 (3) a requirement that student-athletes have uninhibited access
 43 to hydration and a cooling space which can be a shaded area or an
 44 indoor air-conditioned area. At a WetBulb ¹**Global**¹ Globe¹

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.

Matter enclosed in superscript numerals has been adopted as follows:

¹Senate SHI committee amendments adopted December 10, 2020.

1 Temperature level of 80, ice shall be available to coaches and
2 student-athletes.

3 The guidelines included in the association's policy shall provide
4 a default policy to those responsible or sharing duties for making
5 decisions concerning the implementation of modifications or
6 cancellation of practices or games based on the presence of heat and
7 humidity.

8 b. Purchase a WetBulb Globe Temperature (WBGT) **'[tool]**
9 monitoring device¹ to measure the heat stress in direct sunlight at
10 the practice or game site. Heat stress consists of temperature,
11 humidity, wind speed, the angle of the sun, and cloud coverage.

12 A school district shall adopt the association's policy concerning
13 the frequency and recording of WetBulb Globe Temperature
14 (WBGT) measurements.

15 c. In the case of the death a student-athlete which is related to
16 his performance in public school athletics, the Commissioner of
17 Education shall commission an independent third party to conduct
18 an investigation. The results of the investigation shall be provided
19 to the parent or guardian of the student-athlete and shall be made
20 public, to the extent permissible under federal and State law.

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

22

23 2. (New section) a. The Commissioner of Education shall
24 develop a pamphlet that provides information about exertional heat
25 stroke to student-athletes and the parents or guardians of student-
26 athletes and shall post the information on the Department of
27 Education's website. The pamphlet shall include: an explanation of
28 exertional heat stroke; how to **'[prevent]** decrease the risk
29 of¹ exertional heat stroke; factors which may increase a student's
30 risk for exertional heat stroke; a description of early warning signs
31 of exertional heat stroke; how to recognize symptoms of exertional
32 heat stroke; appropriate ways to treat exertional heat stroke; and a
33 form to be signed by the student-athlete and his parent or guardian,
34 coaches, assistant coaches, and athletic trainers acknowledging
35 receipt and review of the pamphlet.

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

39 c. Each school district and nonpublic school shall distribute the
40 pamphlet to the parents or guardians of students participating in
41 athletic activities and to all coaches, assistant coaches, and athletic
42 trainers.

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

1 (2) All coaches, assistant coaches, and athletic trainers shall sign
2 the form developed by the commissioner pursuant to subsection a.
3 of this section acknowledging the receipt and review of the
4 informational pamphlet. The form shall be returned to the
5 superintendent of schools or the chief school administrator in the
6 case of a nonpublic school.

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

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

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

25 (2) WetBulb ¹**【Global】** Globe¹ Temperature guidelines. The
26 policy shall follow modified guidelines of the American College of
27 Sports Medicine in regard to: the scheduling of practice, games, and
28 contests during times of various WetBulb ¹**【Global】** Globe¹
29 Temperature levels, including levels at which practice, games, and
30 contests will be modified or terminated; and the ratio of workout
31 time to time allotted for rest and hydration during times of various
32 WetBulb ¹**【Global】** Globe¹ Temperature levels. The WetBulb
33 ¹**【Global】** Globe¹ Temperature guidelines shall take into
34 consideration acclimatized student-athletes and non-acclimatized
35 student-athletes; and

36 (3) A requirement that student-athletes have uninhibited access
37 to hydration and a cooling space which can be a shaded area or an
38 indoor air-conditioned area. At a WetBulb ¹**【Global】** Globe¹
39 Temperature level of 80, ice shall be available to coaches and
40 student-athletes.

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

- 1 4. (New section) a. The Secretary of Higher Education shall
2 develop a pamphlet that provides information about exertional heat
3 stroke to student-athletes and shall post the information on the
4 Office of the Secretary of Higher Education's website. The
5 pamphlet shall include: an explanation of exertional heat stroke;
6 how to **‘[prevent] decrease the risk of¹** exertional heat stroke;
7 factors which may increase a student's risk for exertional heat
8 stroke; a description of early warning signs of exertional heat
9 stroke; how to recognize symptoms of exertional heat stroke;
10 appropriate ways to treat exertional heat stroke; and a form to be
11 signed by the student-athlete, coaches, assistant coaches, and
12 athletic trainers acknowledging receipt and review of the pamphlet.
- 13 b. Each public institution of higher education shall distribute
14 the pamphlet to the parents or guardians of students participating in
15 athletic activities and to all coaches, assistant coaches, and athletic
16 trainers.
- 17 c. (1) A student participating in, or desiring to participate in,
18 an athletic activity shall, each year and prior to participation by the
19 student in an athletic activity, sign and return the form developed by
20 the secretary pursuant to subsection a. of this section
21 acknowledging the receipt and review of the informational
22 pamphlet. The form shall be returned by the student to a person
23 designated by the institution.
- 24 (2) All coaches, assistant coaches, and athletic trainers shall
25 sign the form developed by the secretary pursuant to subsection a.
26 of this section acknowledging the receipt and review of the
27 informational pamphlet. The form shall be returned to the person
28 designated by the institution.
- 29
- 30 5. This act shall take effect immediately.