



# House of Representatives

General Assembly

**File No. 241**

January Session, 2021

House Bill No. 6492

*House of Representatives, April 1, 2021*

The Committee on Public Health reported through REP. STEINBERG of the 136th Dist., Chairperson of the Committee on the part of the House, that the bill ought to pass.

***AN ACT CONCERNING EDUCATION AND TRAINING IN EXERTIONAL HEAT ILLNESS FOR COACHES, PARENTS, GUARDIANS AND STUDENTS.***

Be it enacted by the Senate and House of Representatives in General Assembly convened:

- 1 Section 1. (NEW) (*Effective July 1, 2021*) (a) As used in this section:
- 2 (1) "Exertional heat illness" means an illness resulting from engaging  
3 in physical activity in the heat, including, but not limited to, heat  
4 cramps, heat syncope, heat exhaustion and heat stroke;
- 5 (2) "Heat cramps" means sudden or progressively and noticeably  
6 evolving, involuntary, painful contractions of skeletal muscle during or  
7 after engaging in physical activity in the heat;
- 8 (3) "Heat exhaustion" means the inability to effectively engage in  
9 physical activity in the heat, secondary to a combination of factors,  
10 including, but not limited to, cardiovascular insufficiency, hypotension,  
11 energy depletion and central fatigue and is manifested by an elevated  
12 core body temperature and associated with a high rate or volume of skin

13 blood flow, heavy sweating and dehydration;

14 (4) "Heat stroke" means a medical emergency characterized by  
15 neuropsychiatric impairment and a high core body temperature,  
16 typically 105.8° Fahrenheit or above;

17 (5) "Heat syncope" means sudden dizziness, feeling faint and fainting  
18 experienced after engaging in physical activity in the heat; and

19 (6) "Intramural or interscholastic athletics" shall include any activity  
20 sponsored by a school or local education agency, as defined in section  
21 10-15f of the general statutes, or an organization sanctioned by the local  
22 education agency that involves any athletic contest, practice,  
23 scrimmage, competition, demonstration, display or club activity.

24 (b) For the school year commencing July 1, 2022, and each school year  
25 thereafter, any person who holds or is issued a coaching permit by the  
26 State Board of Education and is a coach of intramural or interscholastic  
27 athletics shall complete an exertional heat illness awareness education  
28 program prior to commencing the coaching assignment for the season  
29 of such intramural or interscholastic athletics. Such program shall be  
30 developed or approved pursuant to subsection (c) of this section. For the  
31 school year commencing July 1, 2022, and each school year thereafter,  
32 any person who holds or is issued a coaching permit by the State Board  
33 of Education and is a coach of intramural or interscholastic athletics  
34 shall annually review the program developed or approved pursuant to  
35 subsection (c) of this section, prior to commencing the coaching  
36 assignment for the season of such intramural or interscholastic athletics.

37 (c) On or before January 1, 2022, the governing authority for  
38 intramural and interscholastic athletics, in consultation with an  
39 appropriate organization representing licensed athletic trainers, an  
40 organization representing sports medical doctors, an organization that  
41 researches best practices in managing heat illness, and an organization  
42 representing county medical associations, shall develop or approve an  
43 exertional heat illness awareness education program for use by local and  
44 regional boards of education. Such program shall be published on the

45 State Board of Education's Internet web site and shall include, but need  
46 not be limited to, (1) the recognition of the symptoms of an exertional  
47 heat illness, (2) the means of obtaining proper medical treatment for a  
48 person suspected of having an exertional heat illness, and (3) the nature  
49 and risk of exertional heat illness, including the danger of continuing to  
50 engage in athletic activity after sustaining exertional heat illness and the  
51 proper method of allowing a student athlete who has sustained  
52 exertional heat illness to return to athletic activity.

53 (d) On or before October 1, 2022, and annually thereafter, the  
54 governing authority for intramural and interscholastic athletics, in  
55 consultation with an appropriate organization representing licensed  
56 athletic trainers, an organization representing sports medical doctors,  
57 an organization that researches best practices in managing heat illness  
58 and an organization representing county medical associations, shall  
59 develop or approve annual review materials regarding current and  
60 relevant information regarding exertional heat illness for use by local  
61 and regional boards of education.

62 (e) On or before January 1, 2022, the governing authority for  
63 intramural and interscholastic athletics, in consultation with an  
64 appropriate organization representing licensed athletic trainers, an  
65 organization representing sports medical doctors, an organization that  
66 researches best practices in managing heat illness and an organization  
67 representing county medical associations, shall develop a model  
68 exertional heat illness awareness plan for use by local and regional  
69 boards of education. Each local and regional board of education shall  
70 implement such plan by utilizing written materials, online training or  
71 videos or in-person training that shall address, at a minimum: (1) The  
72 recognition of signs or symptoms of exertional heat illness, (2) the means  
73 of obtaining proper medical treatment for a person suspected of an  
74 exertional heat illness, (3) the nature and risks of exertional heat illness,  
75 including the danger of continuing to engage in athletic activity after  
76 experiencing exertional heat illness, (4) the proper procedures for  
77 allowing a student athlete who has experienced exertional heat illness  
78 to return to athletic activity, and (5) best practices in the prevention and

79 treatment of exertional heat illness.

80 (f) For the school year commencing July 1, 2022, and each school year  
81 thereafter, each local and regional board of education shall prohibit a  
82 student athlete from participating in any intramural or interscholastic  
83 activity unless the student athlete, and a parent or guardian of such  
84 student athlete, (1) reads written materials, (2) views online training or  
85 videos, or (3) attends in-person training developed or approved  
86 pursuant to this section. Acknowledgment of adherence to this standard  
87 by the student athlete and the parent or guardian shall be made by the  
88 parent's or guardian's signature on an athletic participation informed  
89 consent form issued by the applicable local or regional board of  
90 education.

91 (g) The State Board of Education may revoke the coaching permit, in  
92 accordance with the provisions of subsection (i) of section 10-145b of the  
93 general statutes, of any coach found to be in violation of this section.

This act shall take effect as follows and shall amend the following sections:		
Section 1	July 1, 2021	New section

**PH**      *Joint Favorable*

*The following Fiscal Impact Statement and Bill Analysis are prepared for the benefit of the members of the General Assembly, solely for purposes of information, summarization and explanation and do not represent the intent of the General Assembly or either chamber thereof for any purpose. In general, fiscal impacts are based upon a variety of informational sources, including the analyst's professional knowledge. Whenever applicable, agency data is consulted as part of the analysis, however final products do not necessarily reflect an assessment from any specific department.*

**OFA Fiscal Note**

**State Impact:** None

**Municipal Impact:**

<b>Municipalities</b>	<b>Effect</b>	<b>FY 22 \$</b>	<b>FY 23 \$</b>
Local and Regional School Districts	STATE MANDATE <sup>1</sup> - Cost	None	Less than 1,000

**Explanation**

The bill results in a state mandate and cost of less than \$1,000 per district, beginning in FY 23, associated with requiring a parent or guardian to sign an athletic participation informed consent issued by the school board, which acknowledges compliance with the new exertional heat illness requirements. The costs are associated with the printing and distribution of the signed consent form, which will vary by the size of the district and the number of consent forms issued. The bill makes various other changes that are not anticipated to result in a fiscal impact.

**The Out Years**

The annualized ongoing fiscal impact identified above would continue into the future subject to inflation.

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<sup>1</sup> State mandate is defined in Sec. 2-32b(2) of the Connecticut General Statutes, "state mandate" means any state initiated constitutional, statutory or executive action that requires a local government to establish, expand or modify its activities in such a way as to necessitate additional expenditures from local revenues.

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**OLR Bill Analysis****HB 6492*****AN ACT CONCERNING EDUCATION AND TRAINING IN EXERTIONAL HEAT ILLNESS FOR COACHES, PARENTS, GUARDIANS AND STUDENTS.*****SUMMARY**

This bill requires any person with a State Board of Education (SBE) coaching permit who coaches intramural or interscholastic athletics to complete an exertional heat illness awareness education program. They must do this before beginning their coaching assignment for the season and then review the program annually before the start of each coaching season. It authorizes SBE to revoke the permits of coaches who do not comply with the requirement, which begins in the 2022-23 school year.

The education program must be developed or approved by January 1, 2022, by the intramural and interscholastic athletics governing authority, which is the Connecticut Interscholastic Athletic Conference (CIAC), in consultation with specified organizations. SBE must then publish the plan on its website.

In addition to the program, CIAC must also develop for school board use:

1. review materials on current and relevant exertional heat illness information annually, starting by October 1, 2022, and
2. a model exertional heat illness awareness plan, by January 1, 2022.

The bill also requires school boards to implement the model plan using written materials, videos, or online or in-person training. Starting with the 2022-23 school year, the bill requires school boards to prohibit a student athlete from participating in intramural or interscholastic

athletics unless the student and his or her parent or guardian reads or views the training materials or attends an in-person training. The parent or guardian must sign an athletic participation informed consent form issued by the school board that acknowledges compliance with the requirement.

Under the bill, an “exertional heat illness” means an illness resulting from engaging in physical activity in the heat, including heat cramps, heat syncope (i.e., sudden dizziness, feeling faint, and fainting), heat exhaustion, and heat stroke (i.e., neuropsychiatric impairment and a high body temperature, typically 105.8 degrees or higher).

EFFECTIVE DATE: July 1, 2021

## **EXERTIONAL HEAT ILLNESS AWARENESS EDUCATION PROGRAM AND MODEL PLAN**

### ***Program Development and Content***

Under the bill, CIAC must develop or approve the exertional heat awareness education program by January 1, 2022, in consultation with specified organizations, one each of which must represent: (1) licensed athletic trainers, (2) sports medicine doctors, (3) researchers of best practices in managing heat illness, and (4) county medical associations.

The program content must include:

1. recognizing the symptoms of an exertional heat illness;
2. how to obtain proper medical treatment for a person suspected of having the illness;
3. the nature and risk of exertional heat illness, including the danger of continuing to engage in athletic activity after sustaining such an illness; and
4. the proper method of allowing a student athlete who has sustained the illness to return to athletic activity.

### ***Model Plan Content***

The bill also requires these entities to develop a model exertional heat illness awareness plan by January 1, 2022. The model plan must include the same components as the program above as well as best practices in preventing and treating exertional heat illness.

**COMMITTEE ACTION**

Public Health Committee

Joint Favorable

Yea 33 Nay 0 (03/12/2021)