

OFFICE OF LEGISLATIVE RESEARCH  
PUBLIC ACT SUMMARY



**PA 21-87—HB 6492**

*Public Health Committee  
Appropriations Committee*

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

**SUMMARY:** This act 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 act 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 act 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 act, 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 act, CIAC must develop or approve the exertional heat awareness

## OLR PUBLIC ACT SUMMARY

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 athletic activity after sustaining this 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 act 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.