

**Fairfield Public Schools  
Board of Education  
Policy Guide**

Students

**EXERTIONAL HEAT ILLNESS AWARENESS FOR  
INTRAMURAL AND INTERSCHOLASTIC ATHLETICS**

**5141.71 (a)**

Prior to commencing a coaching assignment for the season, each coach who holds or is issued a coaching permit by the State Board of Education and is a coach of any Fairfield Board of Education (“District”) intramural or interscholastic athletics shall complete an exertional heat illness awareness education program developed or approved by the Connecticut Interscholastic Athletic Conference (“CIAC”) for intramural and interscholastic athletics (the “Program”). Such program shall include, but need not be limited to, (1) the recognition of the symptoms of an exertional heat illness, (2) the means of obtaining proper medical treatment for a person suspected of having an exertional heat illness, (3) the nature and risk of exertional heat illness, including the danger of continuing to engage in athletic activity after sustaining exertional heat illness, and (4) the proper method of allowing a student athlete who has sustained exertional heat illness to return to athletic activity.

**Definitions**

1. **“Exertional heat illness”** means an illness resulting from engaging in physical activity in the heat, including, but not limited to, heat cramps, heat syncope, heat exhaustion, and heat stroke.
2. **“Heat cramps”** means sudden or progressively and noticeably evolving, involuntary, painful contractions of skeletal muscle during or after engaging in physical activity in the heat.
3. **“Heat exhaustion”** means the inability to effectively engage in physical activity in the heat, secondary to a combination of factors, including, but not limited to, cardiovascular insufficiency, hypotension, energy depletion, and central fatigue and is manifested by an elevated core body temperature and associated with a high rate or volume of skin blood flow, heavy sweating, and dehydration.
4. **“Heat stroke”** means a medical emergency characterized by neuropsychiatric impairment and a high core body temperature, typically 105.8° Fahrenheit or above.
5. **“Heat syncope”** means sudden dizziness, feeling faint, and fainting experienced after engaging in physical activity in the heat.
6. **“Intramural or interscholastic athletics”** shall include any activity sponsored by the Board or an organization sanctioned by the Board that involves any athletic contest, practice, scrimmage, competition, demonstration, display, or club activity.

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**5141.71 (b)**

Any person who holds or is issued a coaching permit by the State Board of Education and is a coach of the District intramural or interscholastic athletics shall annually review the Program.

The District shall implement this plan by utilizing written materials, online training or videos or in-person training that shall address, at a minimum: (1) the recognition of signs or symptoms of exertional heat illness, (2) the means of obtaining proper medical treatment for a person suspected of an exertional heat illness, (3) the nature and risks of exertional heat illness, including the danger of continuing to engage in athletic activity after experiencing exertional heat illness, (4) the proper procedures for allowing a student athlete who has experienced exertional heat illness to return to athletic activity, and (5) best practices in the prevention and treatment of exertional heat illness.

The District shall provide each participating student and each participating student's parent or legal guardian with information regarding exertional heat illness awareness. The District shall prohibit a student athlete from participating in any intramural or interscholastic activity unless the student athlete, and a parent or guardian of such student athlete, (1) reads written materials, (2) views online training or videos, or (3) attends in-person training regarding exertional heat illness awareness. Acknowledgment of adherence to this standard by the student athlete and the parent or guardian shall be made by the parent's or guardian's signature on an athletic participation informed consent form issued by the District.

**Legal References**

Conn. Gen. Stat. § 10-149h. Exertional heat illness awareness education program

ADOPTED: 3/14/2023