Student-Athlete Heat Related Policy Chesterfield County Public Schools

The General Assembly amended the *Code of Virginia* requiring each school division to develop policies and procedures regarding identification and handling of suspected heat related illness in student-athletes in the Commonwealth of Virginia. One part of this requirement is annual review by student-athletes and parents of information on heat related illness provided by the school division. This information can be provided by handouts, parent meetings, workshops or other methods individual schools deem appropriate. Included below is basic information on heat related illness and a Statement of Acknowledgement. If more information is requested by parent and/or student-athletes, that will need to be communicated to individual schools’ Athletic Trainers and/or Director of Student Activities. This form must be signed and returned to the student-athlete’s school in order to participate in any extracurricular athletic activity.

*Heat-Related Illness* is a general term describing a number of medical conditions associated with dehydration, poor acclimatization, and exposure to or prolonged exercise in hot and humid environments.

**Signs and Symptoms**

Student-athletes displaying the following signs and symptoms may be experiencing heat stroke and heat exhaustion, the two most concerning forms of heat-related illness, and should be removed from play immediately. Heat Stroke is deadly if not treated immediately and oral temperatures are inaccurate due to a number of reasons (the body vasoconstricts blood flow and redirects it to the core, subjects often drink cool water). In anyone where heat stroke is a concern, rectal temperature will be taken by the athletic trainer as this is part of gold standard for accurate diagnosis, and treatment, with immediate cooling being the determining factor in survival. Anyone with a rectal temperature over 104 (hyperthermia) will be cooled immediately by an approved method and performed by the athletic trainer:

* Irrational behavior, irritability, or emotional instability
* Altered consciousness
* Excessive fatigue
* Disorientation
* Dizziness
* Headache
* Confusion
* Nausea or vomiting
* Diarrhea
* Collapse
* Staggering or Sluggish feeling

We acknowledge we have received and reviewed information provided by our school on the risk and recognition of heat-related illness in student-athletes. We also understand reviewing current information on heat-related illness shall take place annually in order to participate in Chesterfield County Public Schools athletic activities.

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Printed Student’s Name Student’s Signature/Date

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Printed Parent’s/Guardian’s Name Parent’s/Guardian’s Signature/Date