

STUDENTS

Student-Athletes – Sudden Cardiac Arrest Prevention Awareness, Cardiac Emergency Response Plans and Extreme Heat Safety and Protection

A. Sudden cardiac arrest- guidelines and procedures

The Superintendent or designee will develop guidelines and procedures to inform and educate coaches, student-athletes, and student-athletes' parents/guardians about the nature and risk of sudden cardiac arrest; procedures for the removal from and return to play, and risks of not reporting symptoms. Such guidelines and procedures shall be reviewed and updated biennially for compliance with applicable law and regulation and be posted on the School Division's website. Prior to participation in any extracurricular physical activity, student-athletes and parents/guardians of student-athletes will be required to annually review and sign a statement acknowledging receipt of such information.

B. Cardiac Emergency Response Plans

Each school will develop and implement a cardiac emergency response or athletic emergency action plan that addresses the appropriate use of school personnel to respond to incidents involving sudden cardiac arrests or a similar life-threatening emergency (i) while on school grounds and (ii) while attending or participating in an athletic practice or program or a school sponsored event. The cardiac emergency response plan (CERP) or athletic emergency action plan (EAP) will be annually reviewed and will be consistent with Code of Virginia § 22.1-271.9, as amended, and applicable Virginia Department of Education guidance.

C. Student Athlete Extreme Heat Safety and Protection

In accordance with applicable law and guidance, the Superintendent or designee will create regulation and guidelines regarding preventing, recognizing, and addressing heat-related illnesses, including dehydration, heat syncope, heat exhaustion and heat stroke in student athletes. Such regulation and guidelines will include parameters for outdoor athletic events and practices, unhindered access to hydration and cooling space, and a process for reporting and investigation of student-athletic incidents of severe heat-related illness requiring emergency medical treatment orf resulting in a death.

Legal Reference

Code of Virginia § 22.1-271.8, as amended. Sudden cardiac arrest prevention in student-athletes.

Code of Virginia § 22.1-271.9, as amended. Cardiac emergency response or emergency action plans, required.

Code of Virginia § 22.1-271.10, as amended. Guidelines and policies on student-athlete extreme heat safety and protection.

Adopted by School Board: June 23, 2020

Amended by School Board: 2025

APPROVED AS TO
LEGAL SUFFICIENCY

