



Student-Athlete Heat Related Illness Policy

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, information on heat related illness provided by the school division. This information can be provided by handouts, parent meetings, workshops and other methods individual schools deem appropriate. Included below is basic information on heat related illness and a Statement of Acknowledgement. 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:

- 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 review of current information on heat related illness shall take place annually in order to participate in Henrico County Public Schools athletic activities.

Printed Student's Name/Grade

Student's Signature/Date

School

Parent's/Guardian's Signature/Date