
SENATE COMMITTEE ON EDUCATION

Senator Benjamin Allen, Chair

2017 - 2018 Regular

Bill No: AB 2800 **Hearing Date:** May 9, 2018
Author: Chu
Version: February 16, 2018
Urgency: No **Fiscal:** No
Consultant: Brandon Darnell

Subject: High school athletics: California High School Coaching Education and Training Program: heat illness.

SUMMARY

This bill adds basic understanding of the signs and symptoms of, and appropriate responses to, heat illness, to the training component the 1998 California High School Coaching Education and Training Program (HSCTP).

BACKGROUND

Existing law:

- 1) Specifies that each school district governing board shall have general control of, and be responsible for, all aspects of the interscholastic athletic policies, programs, and activities in its district, including, but not limited to, eligibility, season of sport, number of sports, personnel, and sports facilities. (Education Code § 35179)
- 2) Requires the governing board of each school district to ensure that all interscholastic policies, programs, and activities in its district are in compliance with state and federal law. (EC § 35179)
- 3) States the intent of the Legislature to establish the HSCTP, administered by school districts, and emphasizing the following components:
 - a) Development of coaching philosophies consistent with school, school district, and governing board of a school district goals.
 - b) Sport psychology: emphasizing communication, reinforcement of the efforts of pupils, effective delivery of coaching regarding technique and motivation of the pupil athlete.
 - c) Sport pedagogy: how pupil athletes learn, and how to teach sport skills.
 - d) Sport physiology: principles of training, fitness for sport, development of a training program, nutrition for athletes, and the harmful effects associated with the use of steroids and performance-enhancing dietary supplements by adolescents.

- e) Sport management: team management, risk management, and working within the context of an entire school program.
 - f) Training: certification in CPR and first aid, including, but not limited to, a basic understanding of the signs and symptoms of concussions and the appropriate response to concussions.
 - g) Knowledge of, and adherence to, statewide rules and regulations, as well as school regulations including, but not necessarily limited to, eligibility, gender equity and discrimination.
 - h) Sound planning and goal setting. (EC § 35179.1)
- 4) Authorizes the concussion training pursuant to the 1998 California High School Coaching Education and Training Program (HSCTP) to be fulfilled through entities offering free, online, or other types of training courses. (EC §35179.1)
 - 5) Specifies that the HSCTP does not endorse a particular coaching education or training program. (EC § 35179.1)
 - 6) Requires each high school sports coach to complete a coaching education program developed by his or her school district or the California Interscholastic Federation that meets the guidelines set forth in the HSCTP. (EC § 49032)

ANALYSIS

This bill adds basic understanding of the signs and symptoms of, and appropriate responses to, heat illness, to the training component the HSCTP. Specifically, this bill:

- 1) Adds basic understanding of the signs and symptoms of, and appropriate responses to, heat illness, to the training component of the HSCTP.
- 2) Authorizes heat illness training to be fulfilled through entities offering free, online, or other types of training courses.
- 3) Defines “heat illness” to include heat cramps, heat syncope, heat exhaustion, and exertional heat stroke.

STAFF COMMENTS

- 1) ***Need for the bill.*** According to the author, “According to the Federal Centers for Disease Control (CDC), heat illness during practice or competition is the leading cause of death among U.S. high school athletes. Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk. Football has received the most attention because of the number and severity of exertional heat illnesses. Notably, the National Center for Catastrophic Sport Injury Research (NCCSIR) reports that 42 high school football players died of Exertional Heat Stroke (EHS) between 1995 and 2014. Tragically, here in California two students passed away from heat illness last year alone.

There are several types of heat illness ranging in severity the most severe of which, EHS is the leading cause of preventable death in high school athletics. Heat related illness also results in thousands of emergency room visits and hospitalizations throughout the nation each year. Although heat illness can be fatal, death is preventable if quickly recognized and properly treated.”

- 2) **California Interscholastic Federation’s (CIF) existing training program.** According to the CIF website, “The purpose of the CIF Coaching Education Program is to enhance the experience of student-athletes by assuring that their coaches meet a minimum level of professional training. The program provides strong, pragmatic and comprehensive instruction for coaches of interscholastic athletics in California that is consistent with the highest national standards as set by the legislature, state Department of Education, California Interscholastic Federation and National Federation of State High School Associations.” CIF’s website currently links to online courses that are provided by the National Federation of State High School Associations and the American Sports Education Program that meet the requirements of the 1998 California High School Coaching Education and Training Program (HSCTP). Additionally, there is also a free online course for heat illness, which under current practice, is a voluntary supplemental course. The free CIF online training course in heat illness prevention includes sections which explore the principles of Heat Illness Awareness, Adequate Hydration, Gradual Acclimatization, Hydration Status Record Keeping, and offers Additional Prevention Measures.
- 3) **Who receives training?** Existing law requires each high school sports coach to complete a coaching education program developed by his or her school district or the California Interscholastic Federation that meets the guidelines set forth in the HSCTP. Additionally, CIF Bylaw 22.B. (9) defines a coach, either paid or unpaid, and “any individual that the school/district is required to approve under California Education Code 33190-33192, 45125.01 and 45125.1.” According to the CIF, “Simply stated, the law applies to anyone who is required to be fingerprinted and/or is approved by their local school board/directors to have contact with students. This applies to all CIF member schools, public and private.”
- 4) **Related and previous legislation.** AB 2009 (Maienschein, 2018) would require, commencing July 1, 2019, any school district or charter school which offers any interscholastic athletic program to ensure that there is an emergency action plan in place that describes the location and procedures to be followed in the event of sudden cardiac arrest or other medical emergencies related to the athletic program’s activities or events, and to acquire at least one automated external defibrillator for each school within the school district or the charter school for purposes of rendering emergency care or treatment. AB 2009 is scheduled to be heard by the this committee on May 9, 2018.

AB 141 (Hayashi, Chapter 173, Statutes of 2012) added requirements to the HSCTP for training on understanding the signs and symptoms of concussions and the appropriate response to concussions.

AB 1646 (Hayashi, 2010) would have required training for coaches to be able to identify symptoms of head and neck injury. The additional training would have

been incorporated into coaches' first aid certification renewal. AB 1646 was held in the Assembly Appropriations Committee.

AB 1893 (Hayashi, 2010) would have required all high school spirit activities (HSSA) coaches to have valid certification in CPR and first aid, including an understanding of signs, symptoms, and appropriate emergency action steps regarding potentially catastrophic injury, including but not limited to, head and neck injury and concussion. Pupils participating in HSSA who experience or show signs of trauma or other injury would have needed to obtain a release from the treating provider before resuming spirit activities. AB 1893 died in the Assembly Education Committee.

AB 533 (Hayashi, 2009) would have required training for coaches to be able to identify symptoms of head and neck injury. The training would have been incorporated into coaches' first aid certification renewal. AB 533 was held in the Assembly Appropriations Committee.

AB 2741 (Miller, Chapter 744, Statutes of 1998) established the 1998 California High School Coaching and Education Program to be administered by school districts and to emphasize, among other things, sport psychology, sport pedagogy, sport physiology, CPR, and first aid.

SUPPORT

California Interscholastic Federation (CIF)
California Association for Health, Physical Education, Recreation and Dance
California Athletic Trainers' Association

OPPOSITION

None received

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