



**#229-22**

**Commonwealth of Virginia**  
**Virginia Department of Education**  
**Superintendent's Memo #229-22**

DATE: September 30, 2022  
TO: Division Superintendents  
FROM: Jillian Balow, Superintendent of Public Instruction  
SUBJECT: **Guidelines for Policies on Heat-Related Illness Prevention In Student-Athletes**

Pursuant to [Senate Bill 161 \(2022\)](#), the Department of Education (Department) has developed guidelines that provide a roadmap for each school division to develop and biennially update policies and procedures regarding prevention, recognition, and management of student-athletes who may be experiencing heat-related illness, and ensure school staff have training in the recognition of the signs, symptoms and management of heat-related illnesses, including the development of an emergency action plan. These guidelines also inform and educate coaches, student-athletes and their parents or guardians of the nature and risk of heat-related illness, how to prevent and manage heat-related illness, as well as terminology, definitions, and resources to further protect student-athletes and support and educate coaches, student-athletes, and student-athletes' parents or guardians.

The guidelines were developed in conjunction with relevant stakeholders, including the Virginia High School League, the Department of Health, the Virginia Athletic Trainers' Association, representatives of the Children's Hospital of the King's Daughters and the Children's National Medical Center, the Virginia Chapter of the American Academy of Pediatrics, the Virginia College of Emergency Physicians, the Virginia Academy of Family Physicians, the Medical Society of Virginia, and the Virginia Association of School Nurses.

## For more information

Questions regarding the *Guidelines for Policies on Heat-Related Illness Prevention in Student-Athletes* may be addressed to Vanessa Wigand, by email at [Vanessa.Wigand@doe.virginia.gov](mailto:Vanessa.Wigand@doe.virginia.gov) or by telephone at (804) 225-3300.

JB/VW/ba

- A. Attachment: [Guidelines for Policies on Heat-Related Illness Prevention in Student-Athletes](#) (DOCX)