

Introduced by

Senators Mathern, Barta, Wanzek

Representatives Holle, Meier

1 A BILL for an Act to create and enact a new section to chapter 15.1-18.2 of the North Dakota
2 Century Code, relating to cardiac arrest prevention and education for student athletes and
3 coaches.

4 **BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:**

5 **SECTION 1.** A new section to chapter 15.1-18.2 of the North Dakota Century Code is
6 created and enacted as follows:

7 **Student athletics - Cardiac arrest prevention - Requirements.**

8 1. As used in this section:

9 a. "Athletic activity" means:

10 (1) Interscholastic athletics.

11 (2) An athletic contest or competition, other than interscholastic athletics,

12 sponsored by or associated with a school district or nonpublic school,

13 including competitive and noncompetitive cheerleading, and any sports

14 activity sponsored by a student-run club.

15 (3) A practice for an activity under paragraph 1 or 2, including interscholastic

16 practice or scrimmage.

17 b. "Coach" means an individual responsible for providing training to or supervision

18 of a student participating in an athletic activity under subdivision a. The term

19 includes an athletic director and athletic trainer when so designated by the

20 principal of the school or nonpublic school.

21 2. The superintendent of public instruction, after consultation with experts in cardiac

22 arrest prevention, including health professionals, shall develop and make available on

23 the department of public instruction's website:

- 1 a. An information sheet describing cardiac arrest symptoms and warning signs,
- 2 including the risks associated with continuing to play or practice after
- 3 experiencing any of the following symptoms:
- 4 (1) Unexplained shortness of breath.
- 5 (2) Fainting or seizures during practice.
- 6 (3) Chest pains.
- 7 (4) Dizziness.
- 8 (5) Racing heart rate.
- 9 (6) Extreme fatigue.
- 10 b. A form verifying review of the information sheet, which requires the signature of a
- 11 student and the student's parent or legal guardian.
- 12 c. A list of informational resources, including videos and other materials provided by
- 13 an expert in cardiac arrest prevention.
- 14 3. Each school year, before:
- 15 a. A student may participate in an athletic activity, the student and the student's
- 16 parent or legal guardian shall sign and return to the student's school or nonpublic
- 17 school a copy of the verification form.
- 18 b. The athletic activity season begins:
- 19 (1) A principal of a school or nonpublic school shall inform each coach of the
- 20 coach's duties under this section.
- 21 (2) A coach shall:
- 22 (a) Complete a cardiac arrest training course approved by the
- 23 superintendent of public instruction. The training must be provided in
- 24 correlation with any required cardiopulmonary resuscitation or
- 25 automated external defibrillators training.
- 26 (b) Hold an informational meeting before each athletic season regarding
- 27 the symptoms and warning signs of sudden cardiac arrest, which may
- 28 include presentations from physicians, pediatric cardiologists, and
- 29 athletic trainers and resources provided under subdivision c of
- 30 subsection 2.

- 1 4. If a coach reasonably believes a student is exhibiting symptoms or warning signs of
2 sudden cardiac arrest, the coach may remove the student from participation in an
3 athletic activity. If the student is removed from the athletic activity, the coach shall
4 attempt to notify the student's parent or legal guardian.
- 5 5. A student who is removed from participation in an athletic activity under subsection 4
6 may not participate in an athletic activity until the student has been evaluated by and
7 received written clearance from a licensed physician, physician assistant, or nurse
8 practitioner.
- 9 6. The sponsor of a recreational youth athletic activity may follow the guidelines provided
10 under this section.