

Summary of MCPS Health and Safety Forms, Documents, and Procedures

Note: The following are available on the Athletics Section of the MCPS Website.

- 1. Systemwide Plans and Procedures for Coaches/Athletic Trainers (ATCs)**
 - a. Coach Health and Safety Expectations (MCPS Memorandum)
 - b. Required Safety-Related Forms, Documents, and Courses
 - c. Injury Procedures for Coaches and Athletic Trainers
 - d. Athletic Trainers Scope of Services
- 2. Parents/Student-Athletes – *Required Forms and Required Reading***
- 3. Student-Athlete Preseason Safety Presentation (MCPS Health and Safety PowerPoint)**
- 4. Concussions and Baseline Testing**
 - a. Concussion Plan (MCPS Guidelines and Procedures Regarding Concussions/Head Injuries)
 - b. Concussion Signs and Symptoms Quick Reference Card (MCPS/CDC)
 - c. Forms
 - Concussion Awareness and Sudden Cardiac Arrest (Parent/Student-Athlete Acknowledgement Statement)
 - Pre-Participation Head Injury/Concussion Reporting Form for Extracurricular Activities (MSDE)
 - Medical Clearance for Suspected Head Injury (MSDE)
 - Graduated Return to Play Protocol (MSDE)
 - d. Information/Course
 - Concussion Information for Parents (MCPS Letter)
 - What is a concussion? (MPSSAA Website)
 - Concussions in Sports (NFHS Concussion Course)
 - A Parents' Guide to Concussion (NFHS)
 - *Heads Up Concussions* (A Fact Sheet for Parents) (CDC)
 - *Heads Up Concussions* (A Fact Sheet for Athletes) (CDC)
 - *Heads Up Concussions* (A Guide for Coaches) (CDC)
 - Coach Resource Materials (CDC)
 - e. Baseline Testing
 - Baseline Testing Plan (MCPS Guidelines for Baseline Testing)
 - ImPact Baseline Concussion Testing Consent Form (MCPS)
 - Baseline Testing Information for Parents (MCPS)

5. Heat Index

6. Heat & Hydration

a. Heat

- Fall Heat Plan (MCPS Guidelines and Procedures for Fall Heat Acclimatization)
- Fall Heat Plan Questions and Answers (MCPS)
- MCPS Weather and Heat Guidelines (MCPS)
- Environmental and Non-environmental Risk Factors (MPSSAA)
- Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety (CDC)

b. Hydration

- Hydration Awareness (various info items from the MPSSAA webpage)
- Keeping It Cool: Hydration Tips for Athletes (MCPS)
- Hydration Color Chart (MPSSAA)
- Position Statement and Recommendations for Hydration to Minimize the Risk of Dehydration and Heat Illness (NFHS)
- Position Statement and Recommendations for the Use of Energy Drinks by Young Athletes (NFHS)

7. MRSA

- a. MRSA Recommendation for Schools and Communities (MCPS Recommendations)
- b. Fundamental Precautions Regarding Communicable Infections, Including MRSA (MCPS Precautions)
- c. MRSA Infections (CDC)
- d. Prevention Information and Advice for Athletes (CDC)
- e. MRSA Information for Coaches, Athletic Directors, and Team Healthcare Providers (CDC)
- f. Posters for the Athletic Community (CDC)
- g. Precautions Regarding Communicable Infections in Wrestling (MPSSAA)
- h. Sports Related Skin Infections Position Statement and Guidelines (NFHS)

8. Performance Enhancing Substances

- a. Making the Right Choice (Steroid Information Brochure for Parents) (NFHS)
- b. Making the Right Choice (Steroid Information Brochure for Students) (NFHS)
- c. What You Should Know About Anabolic Steroids (NIH)
- d. What You Should Know About Performance Enhancing Substances (University of Maryland: St. Joseph Medical Center)
- e. What You Should Know About Dietary Supplements (Mayo Clinic)
- f. Position Statement on Anabolic Steroids (NFHS)
- g. Position Statement on Supplements (NFHS)
- h. Wrestlers' Diet: A Healthy Guide to Weight Control (MPSSAA)

9. Emergency Plans for Athletic Events (MCPS)

10. Sudden Cardiac Arrest

- a. Sudden Cardiac Arrest Awareness (Parent/Student-Athlete Information) (MSDE)
- b. Sudden Cardiac Arrest Awareness (Parent/Student- Athlete Acknowledgement Statement) (MDSE)
- c. American Heart Association – Cardiac Arrest (Link)
- d. Parent Heart Watch (Link)
- e. Sudden Cardiac Arrest Foundation (Link)

11. Additional Information

- a. Hazing Information (Link to the NFHS Page and Information)
- b. Student Accident Report