INTRODUCTION

- There are tremendous benefits associated with being a student-athlete. Student-athletes learn important things, lessons that cannot be learned in a classroom.

- But these potential benefits are wiped out if students are not aware of some basic, fundamental health and safety guidelines.
PURPOSE OF PRESENTATION

- Educate student-athletes and parent/guardians of Health and Safety resources available.

- Make student-athletes aware of the importance of basic health and safety needs.

- Give student-athletes an understanding of the role their health plays in academic and athletic achievement.
IMPORTANT INFORMATION

- The items in this presentation are highlights of information posted on the Health and Safety section of the MCPS Athletics web page found at: www.montgomeryschoolsmd.org/departments/athletics.

- Student-athletes and their parent/guardians are required to review some of that information as a condition of participation.

- Students who cannot access the MCPS Athletics web page should see their coach or athletic director for the information.
THE R.A.I.S.E. CORE VALUES OF MCPS ATHLETICS

- Respect & Sportsmanship
- Academic Excellence
- Integrity & Character
- Spirited & Safe Competition
- Equity & Access

Coaches and student-athletes are expected to promote & R.A.I.S.E. our core values across MCPS Athletics and our school district.

#WeRAISE
STUDENTS-ATHLETES ASSIST WITH PROMOTING A POSITIVE CULTURE BY:

- Exhibiting behaviors consistent with the expectations outlined in the MCPS Code of Conduct and consistent with the R.A.I.S.E. core values.
- Entering and exiting all school facilities under the direct supervision of a coach or other designated, certified staff member.
- Accessing the locker rooms and team rooms during the designated time and under the direct supervision of a coach or other designated, certified staff member.
- Reporting to the designated supervision area, if remaining in the building after school prior to late practice and/or athletic contests.
- Communicating the designated practice location, drop-off and pick-up times with parents/guardians.
- Ensuring a safe environment by immediately reporting behaviors that are not consistent with the MCPS Code of Conduct or R.A.I.S.E. core values using appropriate MCPS procedures.
BULLYING, HARASSMENT & HAZING

• Bullying, Hazing & Harassment are in direct conflict with our R.A.I.S.E. core values

• Abuse of any kind – verbal, mental, emotional, physical – will not be tolerated in any form across MCPS athletics and our school district

• Students engaging in such activities are not welcome in our program

• Coaches and student-athletes are expected to promote a positive culture and immediately report any instances of abuse, bullying, hazing, and/or harassment.
WHAT IS HAZING?
• Any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them, regardless of a person’s willingness to participate.
• A reckless or intentional act or creation of a situation “that subjects a student to the risk of serious bodily injury for the purpose of initiation into a student organization.”

WHAT ARE EXAMPLES OF HAZING BEHAVIOR?
• Common hazing practices include humiliation, isolation, sleep deprivation, alcohol/binge drinking and sexual acts.
• Additional hazing rituals, that may lead to traumatic injuries include beating, branding, consuming nonfood substances and simulated drowning.
• Additional activities with the intent to harm, humiliate, or subject team members to subordinate status.

WHAT ARE THE CONSEQUENCES OF HAZING?
• Hazing may result in immediate dismissal from the team and team sanctions, including the forfeiture of contest(s).
• Hazing will result in the full range of disciplinary action per the MCPS Student Code of Conduct.
• Hazing is prohibited and considered a misdemeanor that is punishable by imprisonment and/or a fine.

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<table>
<thead>
<tr>
<th>FOR THOSE BEING HAZED</th>
<th>FOR THOSE WHO HAZE</th>
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</thead>
<tbody>
<tr>
<td>Physical, emotional, and mental difficulties</td>
<td>Academic difficulties</td>
</tr>
<tr>
<td>Loss of control and empowerment</td>
<td>Relationship difficulties</td>
</tr>
<tr>
<td>Academic difficulties</td>
<td>Guilt and shame</td>
</tr>
<tr>
<td>Relationship difficulties</td>
<td>Distorted self-image &amp; perception of leadership</td>
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<tr>
<td>Post-traumatic stress</td>
<td>Damaged reputation</td>
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<tr>
<td>Loss of trust and respect for the team and its members</td>
<td>Legal difficulties including risk of criminal charges and imprisonment</td>
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IDENTIFYING HAZING

If you’re not sure whether or not something happening to you or to someone else is hazing, ask yourself these questions:

• Would I feel comfortable participating in this activity if my parents or other adults were watching?
• Would we get in trouble if a school administrator walked by and saw us?
• Am I being asked to keep these activities a secret?
• Am I doing anything illegal?
• Does participation in this activity violate my values or those of this organization?
• Is this causing emotional or physical distress or stress to myself or to others?
• Am I going to be able to get a job if I have to put a criminal arrest on my application?

REPORTING HAZING

✓ Students and staff members are expected to report all incidents they witness or experience.

✓ All incidents of bullying, harassment, hazing, or intimidation, whether among students or coaches, will be taken seriously and investigated.

✓ To report an incident of bullying, harassment, hazing, or intimidation, MCPS Form 230-35: Bullying, Harassment, or Intimidation Reporting Form (available online) should be completed and submitted to the school administration.

✓ The identity of individuals submitting reports will be kept confidential and there will be no reprisals against individuals who make such reports.

✓ We are a community that is made stronger by our collective commitment to honor and respect all members of the team.
PROMOTING A POSITIVE CULTURE & BUILDING TEAM COHESION

Teams are encouraged to:

• Establish Team Core Values
• Create a Season Theme
• Implement a Team Mentorship Program
• Plan Team Building Activities (team meals, problem solving, communication, trust, etc.)
• Conduct a Team Community Service Project
• Engage in a Study Buddy program
• Develop a Communication Framework to Discuss Team Concerns
Officials and MCPS administrators rate teams on their ability to exemplify sportsmanship. When competing keep the following in mind:

- **Focus** attention on positive aspects of competition.
- **Support** school personnel in conducting a spirited and safe environment.
- **Maintain** composure when breaks seem to go against your team.
- **Report** any negative or discriminatory comments to school personnel – **See something, say something!**
I. CONCUSSIONS

A concussion is a brain injury that:
- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games
- Can happen even if you have not been knocked out

CONCUSSION SYMPTOMS:
- Headache or “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Feeling sluggish, hazy, or foggy
- Difficulty paying attention
- Memory problems
- Confusion
CONCUSSIONS – WHAT SHOULD YOU DO?

- Student-athletes who think they might have a concussion should report this to their coach and parent immediately.

- Student-athletes who suspect that a teammate may have suffered a concussion should report this to the coach immediately.

- Student-athletes must make certain they are thoroughly healed before returning to play.

- Remember - There is no such thing as a “minor” concussion.
II. HYDRATION & WEATHER GUIDELINES

- Heat acclimatization means gradually preparing one’s body to adjust to practicing in the heat.

- Hydration includes drinking fluids. Simply put, when you sweat, you lose fluids. Your body must replace those fluids.

- Maintaining a proper level of hydration is important from a health and performance perspective.

- When you are not properly hydrated, you are weaker and slower. More importantly, dehydration can lead to heat stroke.

*The volume and color of your urine is a simple way of seeing if you’re well hydrated.
HYDRATION & WEATHER – WHAT SHOULD YOU DO?

Drink more water! The National Athletic Trainer Association recommends:

<table>
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<tr>
<th>Fluid</th>
<th>Time</th>
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<tbody>
<tr>
<td>16 ounces</td>
<td>2 hours before exercise</td>
</tr>
<tr>
<td>8 to 16 ounces</td>
<td>15 minutes before exercise</td>
</tr>
<tr>
<td>4 to 8 ounces</td>
<td>Every 15 minutes during exercise</td>
</tr>
<tr>
<td>16 to 20 ounces</td>
<td>Within 6 hours after exercise for every pound lost during exercise</td>
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Every student-athlete should take measures to make sure they are safe, some things that you can monitor include:

- **Clothing and equipment** – lightweight, light color
- **Hydration** – drink before, during, and after workouts. Avoid caffeinated beverages (i.e. soda, coffee, energy drinks).
- **Diet** – maintain a healthy, well-rounded diet
- **Fitness** – maintain an exercise regimen in the offseason
- **Acclimatization to heat conditions** – gradually prepare for hot conditions
- **Monitoring medications** – some medications promote dehydration
Sudden Cardiac Arrest is rare but fatal. The heart suddenly unexpectedly stops. It can happen to a student-athlete or coach. It is important for everyone to know protocol.

1. Know where an AED is in your school.

2. Understand Signs and Symptoms:
   - Fainting or frequent dizziness
   - Chest pain
   - Shortness of breath
   - Unusual tiredness
   - Family history

Note: These signs can mean many things, but it is important that you tell your parent/guardian and coach if you have any of these symptoms.

3. If you suspect cardiac arrest, find an adult and communicate!
IV. EPIPEN & INHALER

Student-athletes need to indicate to their coaches if they use an EpiPen or an inhaler. Come up with a Plan:

- Do you have your own?
- Where are you going to keep it?
- Does the coach know?

**EPIPEN**
- When a person experiences anaphylaxis (serious Allergic Reaction), treatment includes epinephrine to be injected into the body. One of the most common types of Epinephrine injection is the EpiPen.

**INHALER**
- Inhalers are portable devices intended to treat breathing conditions such as asthma. Inhalers intended to supply small doses of medicine to the lungs to relieve struggles with breathing.
V. OTHER HEALTH CONCERNS

STEROIDS

- Steroids adversely effect a person’s long-term health.
- Athletes who inject steroids are at greater risk for infections, including HIV and Hepatitis.
- Steroids lead to mood swings, depression, loss of sleep, and paranoia.

MRSA

- MRSA is a type of skin infection.
- An important defense against MRSA is simple hand washing and shower soon after practices and games.
- Suspicious skin lesions should be reported to the coach or school nurse and be evaluated by a doctor.

RHABDOMYOLYSIS

- Rhabdomyolysis is when muscle fibers break down and fluids are released into the bloodstream.
- Gradually increase your workload when exercising (increase weight and amount of reps over a period of several weeks) – do not start with extremes.
VI. ELECTRONIC COMMUNICATION

• Electronic communication is any form of technology that can be used to get a message to others (i.e. Facebook, Twitter, Instagram, email, blogs, text messages, etc.).

• Parents and students are expected to utilize appropriate, positive use of electronic communications toward athletes, coaches, and/or opponents or other schools.

• A negative status, post, or comment can ruin relationships and compromise the welfare of athletes and coaches.
TAKE AWAYS

• It’s not rocket science – fundamental health and safety habits are largely a matter of common sense!

• MCPS student-athletes and a parent/guardian are required to review specific information regarding Health and Safety on the MCPS Athletics web page.

• Athletes and parent/guardians will verify they have reviewed this information during the registration process for athletics.
IX. ADDITIONAL INFORMATION

- The following six slides are additional links and information that can be found on the MCPS Athletics Webpage.
Below are items that MCPS refers to as its “Concussion Packet.” Parents and students are required to review this information and submit the required information during the online registration process.

- Concussion Information for Parents (MCPS Letter)
- Baseline Testing Parent Letter
- Consent Form ImPact Baseline Concussion Testing
- Concussion And Sudden Cardiac arrest Awareness acknowledgement
- Pre-participation Head Injury/Concussion Reporting Form for Extracurricular Activities
- Medical Clearance for Suspected Head Injury
- Graduated Return to Play Protocol
- Head's Up: A Fact Sheet for Parents
- Head's Up: A Fact Sheet for Students
The following are additional resources regarding concussion information on the Health & Safety section of the MCPS Athletics web page that parents and students are encouraged to review:

- MCPS Concussion Plan
- Concussion Signs and Symptoms Quick Reference Card
- What is a concussion?
- A Parent's Guide to Concussion
The next two slides include documents in the Health and Safety section of the Athletics web page. It is Recommended that You and a parent or guardian review these documents:

- Fall Heat Plan
- Heat Restrictions
- Temperature Guidelines
- Heat Index
- Environmental and Non-Environmental Risk Factors
- Extreme Heat: Prevention Guide
Hydration Awareness

Keeping It Cool: Hydration Tips for Athletes

Hydration Color Chart

Position Statements and Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness

Position Statements and Recommendations for the Use of Energy Drinks by Young Athletes
Skin infection documents are included on the Health and Safety section of the Athletics web page. You and your parent or guardian are required to review these documents:

- MRSA Prevention
- MRSA Infections
- Prevention Information and Advice for Athletes
- Posters for the Athletic Community
- Precautions Regarding Communicable Infections in Wrestling
- Sports Related Skin Infections Position Statement and Guidelines
This slide includes documents on the Health and Safety section of the Athletics web page. You and your parent or guardian are required to review these documents:

- Steroids Informational Brochure for Parents
- Steroids Informational Brochure for Students
- What You Should Know About Anabolic Steroids
- What You Should Know About Performance Enhancing Substances
- NFHS: Position Statement on Anabolic Steroids
- NFHS: Supplements Position Statement