

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 Student-Athlete Suspected Head Injury (MSDE)
 - Graduated Return to Play Protocol (MSDE)

** Completed during the online registration process for athletics.*

d. Information/Courses

- 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) *

** Baseline testing information and consent form are provided and completed during the online registration process for athletics.*

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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

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

8. Performance Enhancing Substances

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

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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)

** Sudden cardiac arrest information and acknowledgment form are provide and completed during the online registration process for athletics.*

11. Additional Information

- a. Hazing Information ([Link to the NFHS Page and Information](#))
- b. Student Accident Report (form #525-2)