



MONTGOMERY COUNTY PUBLIC SCHOOLS (MCPS)

SUMMARY OF THE MCPS ATHLETICS HEALTH AND SAFETY WEB PAGE

Note: The following are available on the MCPS Athletics Web Page

Systemwide Plans and Procedures for [Coaches](#) and [Athletic Trainers \(ATCs\)](#)

- General Information for Coaches
- MCPS Coach Health and Safety Expectations
- Injury Procedures for Coaches and Athletic Trainers
- Athletic Trainers Scope of Services
- Athletic Training Room Guidelines
- MCPS Health and Safety PowerPoint (including hazing & promoting a positive culture)
- Concussion Plan (MCPS Guidelines and Procedures Regarding Concussions/Head Injuries)
- Baseline Testing Plan (MCPS Guidelines for Baseline Testing)
- Fall Heat Plan (MCPS Guidelines and Procedures for Fall Heat Acclimatization)
- Fall Heat Plan Questions and Answers (MCPS)
- MCPS Weather and Heat Guidelines (MCPS)
- MCPS Supervision Action Plan and Template
- Emergency Plan

[Required Forms Completed by Schools after an Injury Occurs](#)

- Student Accident Report (MCPS Form 525-2)
- MSDE Graduated Return to Play Protocol Form
- MSDE Pre-participation Head Injury/Concussion Reporting Form for Extracurricular Activities
- MSDE Medical Clearance for Student-Athlete Suspected Head Injury Form

[Athletics Registration: Required Forms for Parents/Guardians/Student-Athletes](#)

- Student-Parent Athletic Participation Contract and Parent/Guardian Permission Form
- Pre-participation Physical Evaluation Form (MCPS Form # SR-8 with COVID-19 Supplemental Questions)
- Waiver of Liability and Hold Harmless Release Related to COVID-19 for Participation in Athletics
- MSDE/MPSSAA Pledge Form and Resources
- Medical Card for Athletes (MCPS Form # 560-30)
- Consent Form ImPact Baseline Concussion Testing
- MSDE Concussion Awareness and Sudden Cardiac Arrest Acknowledgement of Awareness Form
- Parent/Guardian Approval for Trips (Transportation Form – MCPS Form # 560-31)
- Sports Specific Forms (see online registration page)

MCPS REQUIRED SAFETY-RELATED FORMS, DOCUMENTS, AND COURSES

REQUIRED READING: PARENTS/GUARDIANS, STUDENT-ATHLETES, COACHES, ATCs

Concussion

- Concussion 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.*
- Concussion Signs and Symptoms Quick Reference Card (MCPS/CDC)
- Concussion 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)

Baseline Testing

- Baseline Testing Information for Parents/Guardians (MCPS) *
- ImPact Baseline Concussion Testing Consent Form (MCPS) *
- * *Baseline testing information and consent form are provided and completed during the online registration process for athletics.*

Sudden Cardiac Arrest

- Sudden Cardiac Arrest Awareness (Parent/Student-Athlete Information) (MSDE)
- Sudden Cardiac Arrest Awareness (Parent/Student- Athlete Acknowledgement Statement) (MDSE)
- American Heart Association – Cardiac Arrest (Link)
- Parent Heart Watch (Link)
- Sudden Cardiac Arrest Foundation (Link)
- * *Sudden cardiac arrest information and acknowledgment form are provided and completed during the online registration process for athletics.*

Heat, Heat Index, and Hydration

- Heat
 - ⇒ Heat Index
 - ⇒ Environmental and Non-environmental Risk Factors (MPSSAA)

MCPS REQUIRED SAFETY-RELATED FORMS, DOCUMENTS, AND COURSES

- ⇒ Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety (CDC)
- 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)

MRSA

- 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)

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 (UMD: 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)

Promoting a Positive Culture

- Identifying Hazing & Promoting a Positive Culture Power Point
- Letter to MCPS Sports Community
- Tips for Parents to Help Their Children Understand Bullying and Hazing
- What Parents Need to Know – Extracted from the Hazing Prevention.Org High School Resource Guide
- What Students Need to Know – Extracted from the Hazing Prevention.Org High School Resource Guide
- High School Resource Guide: Hazing Prevention.Org
- School Safety Mapping
- Tips for Teams and Athletic Coaches to Eliminate and Prevent Hazing
- Hazing Information ([Link to the NFHS Page and Information](#))