

MCPS HIGH SCHOOL STUDENT-ATHLETE PRESEASON HEALTH AND SAFETY PRESENTATION





INTRODUCTION & PURPOSE

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.

The purpose of this presentation is to:

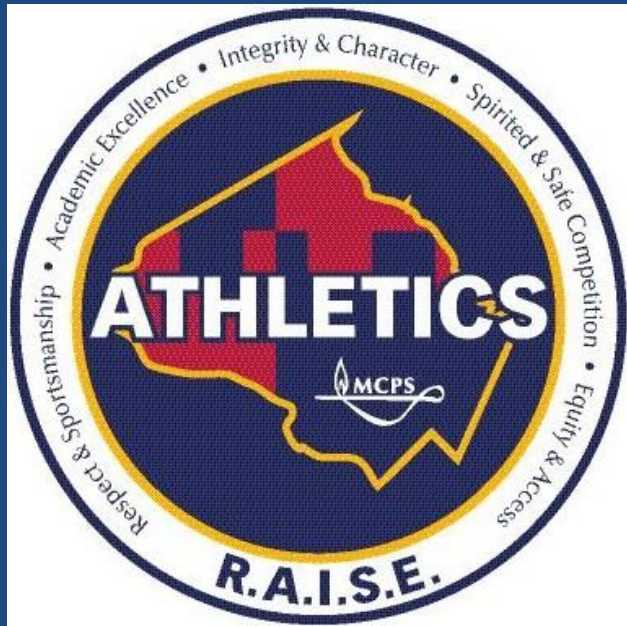
1. Educate student-athletes and parent/guardians of Health and Safety resources available.
2. Make student-athletes aware of the importance of basic health and safety needs.
3. Give student-athletes an understanding of the role their health plays in academic and athletic achievement.
4. Discuss how student-athletes can promote a positive culture free of bullying, hazing, harassing, and intimidating behaviors.

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



- **R**espect & Sportsmanship
- **A**cademic Excellence
- **I**ntegrity & Character
- **S**pirited & Safe Competition
- **E**quity & Access

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

#WeRAISE

COVID-19 INFORMATION

STUDENT-ATHLETE MEDICAL ADVISORY COMMITTEE (SMAC)

The COVID-19 Task Force is now named the Student-Athlete Medical Advisory Committee.

The SMAC guides health and safety protocols for student-athletes and across MCPS Athletics.

The SMAC continues to monitor COVID-19 protocols to ensure the most up-to-date protocols and procedures. The latest information is found in the Return to R.A.I.S.E. Plan on the COVID-19 Athletics Information web page.

The SMAC also recently revised the Fall Heat Plan and Emergency Action Plan.

We CAN, We Will, We R.A.I.S.E



PROMOTING A POSITIVE CULTURE

Student-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.

MENTAL HEALTH

Student-athletes are driven, focused, goal-oriented, and high-achieving individuals. These qualities enable student-athletes to excel both academically and athletically. **Unfortunately, if not checked, these qualities can also contribute to mental health concerns; such as, anxiety, depression, or nutritional disorders.** The stigma associated with mental health often deters student-athletes from accessing support and resources to cope and ultimately thrive. **As teammates, it is important to notice warning signs and symptoms for mental health concerns; support your teammates and access help.**

Where to Get Help

Montgomery County Hotline

301-738-2255

National Suicide Prevention Line

988

Safe Schools Maryland

833-MD-B-Safe

IT'S OKAY TO
ASK FOR HELP



MENTAL HEALTH

RED FLAGS

The following are Red Flags (signs or symptoms) for noticing a teammate struggling with mental health:

- **Displaying emotions such as sadness or isolating from teammates and other friends;**
- Engaging in out-of-control behavior, risk taking, and violent behaviors;
- **Expressing paranoia without proof;**
- Avoiding eating, eating to much, throwing up, using pills to control weight, or extreme weight loss or gain in a short amount of time;
- **Expressing thoughts of suicide, death, or dying, giving away prized possessions;**
- Using of alcohol, tobacco, or other drugs;
- **Frequently displaying changes in mood;**
- Unable to concentrate; and/or
- **Worries or fears that limit participation in team activities.**

Always encourage teammates to rely on the assistance of a trusted adult (coach, counselor, teacher, principal, parent, etc.)



BULLYING, HARASSMENT & HAZING

- Bullying, Hazing & Harassment conflict with our R.A.I.S.E. core values

(please view the bystander video linked above)

- 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.





BULLYING, HARASSMENT & HAZING

WHAT IS HAZING?

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.

WHAT IS BULLYING?

Bullying is defined as an aggressive act by one or more individuals where the intent is to cause physical or psychological harm; this includes cyberbullying.

HOW IS BULLYING RELATED TO HAZING?

- Hazing may be considered a form of bullying for the goal of causing discomfort, embarrassment, or ridicule for the purpose of joining a group.
- Bullies tend to operate individually or in small groups while hazing typically is performed by the group or team as a whole.



BULLYING, HARASSMENT & HAZING

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.

FOR THOSE BEING HAZED	FOR THOSE WHO HAZE
Physical, emotional, and mental difficulties	Academic difficulties
Loss of control and empowerment	Relationship difficulties
Academic difficulties	Guilt and shame
Relationship difficulties	Distorted self-image & perception of leadership
Post-traumatic stress	Damaged reputation
Loss of trust and respect for the team and its members	Legal difficulties including risk of criminal charges and imprisonment



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?

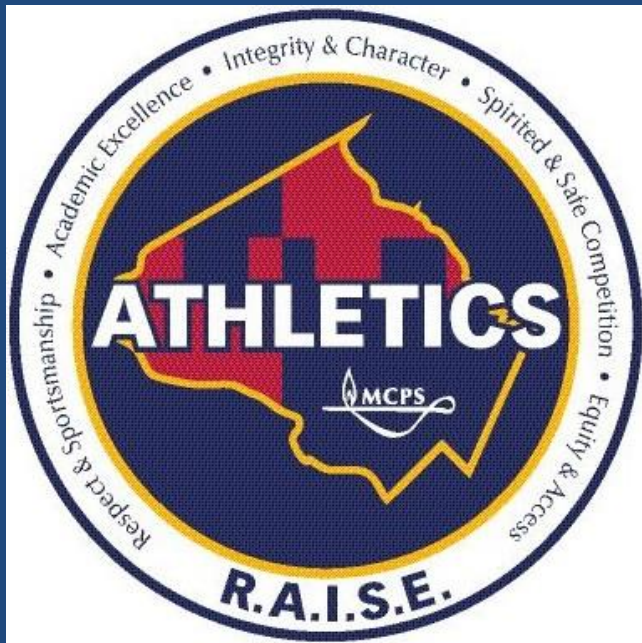
REPORTING BULLYING, HARASSMENT, HAZING, INTIMIDATION

CONTACT SCHOOL PRINCIPAL, COUNSELOR, STUDENT WELFARE LIAISON, OR ANY MCPS STAFF MEMBER



- Contact the Montgomery County Police Department, 301-279-8000.
- Submit [MCPS Form 230-35, Bullying, Harassment, or Intimidation Reporting Form](#).
- Contact the MCPS Title IX Coordinator at TitleIX@mcpsmd.org. Reports and allegations concerning MCPS employees will immediately involve the Department of Compliance and Investigations. They can be reached at DCI@mcpsmd.org.
- [Safe Schools Maryland Tip Line](#) is an anonymous reporting system used to report threats to the safety and/or well-being of students. Call 1-833-MD-B-SAFE or download the App.
- Contact the [Victim Assistance and Sexual Assault Program \(VASAP\)](#) for support. VASAP provides information, referrals and advocacy, as well as crisis and ongoing counseling for victims of sexual assault.
- Contact the **Montgomery County Hotline** at 240-777-4357. A trained staff member or volunteer will provide supportive listening and information, 24 hours a day, seven days a week.
- Send a text to **EveryMind** hotline telephone number, 301-738-2255, daily between noon and midnight.

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

SPORTSMANSHIP



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!**

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

Sportsmanship Expectations for Athletic Events

Statement

The R.A.I.S.E. core values of the MCPS athletics program teach and reinforce respect and sportsmanship, academic excellence, integrity and character, spirited and safe competition and equity and access. It is expected that spectators reinforce these values by exhibiting appropriate behavior at athletic events. A condition of entry into an MCPS athletic event is that all spectators agree to recognize the event as an extension of the learning process and that all present have the responsibility to model appropriate behavior. The event is a unique opportunity for spectators to be a part of a positive and productive learning environment and to model behavior appropriate to a public school setting.

Expectations

- ◆ **Applaud** student-athletes for their efforts
- ◆ **Accept** the decisions of officials and coaches
- ◆ **Appreciate** all participants for their commitment
- ◆ **Support** school personnel in conducting a spirited and safe competition
- ◆ **Maintain** composure when breaks seem to go against your team
- ◆ **Respect** the rights of other spectators
- ◆ **Reward** sportsmanlike behavior through cheering
- ◆ **Focus** attention on the positive aspects of competition
- ◆ **Encourage** student-athletes by showing enthusiasm and positive recognition
- ◆ **Demonstrate** concern for the safety and welfare of student-athletes
- ◆ **Report** any negative or discriminatory comments or behaviors to school personnel—
SEE SOMETHING, SAY SOMETHING

Remember

The students competing are not professional athletes. They will make errors during the course of competition, as will game officials and coaches. However, all participants are exhibiting their highest degree of effort and commitment to excellence. Negative criticism and booing will not help them to improve and are unacceptable forms of expression. Additionally, comments that are discriminatory in any manner are unacceptable and should be reported immediately to school personnel. As spectators, you can assist in the development of student-athletes by focusing attention on the positive aspects of their performance. Your cooperation is important and is appreciated.

Published by the Department of Student Management for the Office of the Chief Operating Officer, Athletics Unit, 09/2016. Editorial, Graphics & Publishing Services: 711-201



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
- Feeling sluggish, hazy, or foggy
- Nausea or vomiting
- Difficulty paying attention
- Balance problems or dizziness
- Memory problems
- Double or blurry vision
- 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.



AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
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4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

*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:

Fluid	Time
16 ounces	2 hours before exercise
8 to 16 ounces	15 minutes before exercise
4 to 8 ounces	Every 15 minutes during exercise
16 to 20 ounces	Within 6 hours after exercise for every pound lost during exercise

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

III. SUDDEN CARDIAC ARREST

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

3. If you suspect cardiac arrest, find an adult and communicate!



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.

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. Instagram, TikTok, Twitter, Snapchat, email, 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.



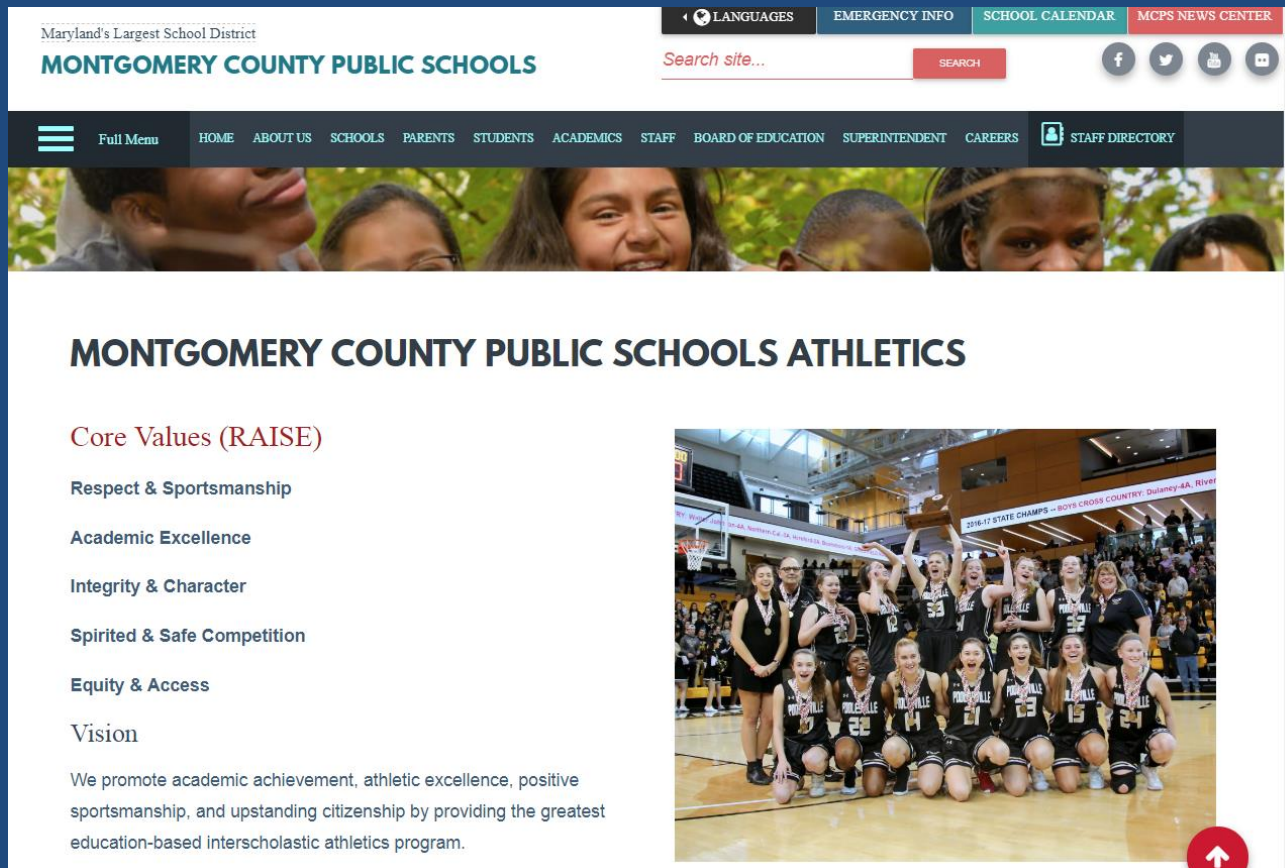
TAKE AWAYS

- Athletes have a responsibility to themselves and their teammates to exercise fundamental health and safety precautions.
- Fundamental health and safety habits keep everyone safe and playing.
- 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.



Maryland's Largest School District
MONTGOMERY COUNTY PUBLIC SCHOOLS

LANGUAGES EMERGENCY INFO SCHOOL CALENDAR MCPS NEWS CENTER

Search site... SEARCH


Full Menu HOME ABOUT US SCHOOLS PARENTS STUDENTS ACADEMICS STAFF BOARD OF EDUCATION SUPERINTENDENT CAREERS STAFF DIRECTORY

MONTGOMERY COUNTY PUBLIC SCHOOLS ATHLETICS

Core Values (RAISE)

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

We promote academic achievement, athletic excellence, positive sportsmanship, and upstanding citizenship by providing the greatest education-based interscholastic athletics program.



A -MENTAL HEALTH AND CRISIS SUPPORT

[HTTPS://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/STUDENTSERVICES/MENTALHEALTH/DEFAULT.ASPX?ID=333014](https://www.montgomeryschoolsmd.org/departments/student-services/mental-health/default.aspx?id=333014)

Tip lines

- Montgomery County Crisis Hotline 301-738-2255
- National Suicide Prevention Lifeline 988
- Trevor Project 1-866-488-7386
- Safe Schools Maryland -833-MD-B-SAFE

MCPS Resources

- MCPS Be Well 365
- MCPS Mental Health Resource Page

B – CONCUSSION FORMS

[HTTP://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/ATHLETICS/HEALTH/CONCUSSIONS.ASPX](http://www.montgomeryschoolsmd.org/departments/athletics/health/concussions.aspx)

- 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)
 - 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



C – CONCUSSION INFORMATION

[HTTP://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/ATHLETICS/HEALTH/CONCUSSIONS.ASPX](http://www.montgomeryschoolsmd.org/departments/athletics/health/concussions.aspx)

- 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**



D – HEAT ACCLIMATIZATION LINKS

[HTTP://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/ATHLETICS/HEALTH/DEFAULT.ASPX?ID=309596](http://www.montgomeryschoolsmd.org/departments/athletics/health/default.aspx?id=309596)

- 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**



E – HYDRATION LINKS

[HTTP://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/ATHLETICS/HEALTH/DEFAULT.ASP](http://www.montgomeryschoolsmd.org/departments/athletics/health/default.asp)
[X?ID=309596](#)

- 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



F – MRSA LINKS

[HTTP://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/ATHLETICS/HEALTH/MRSA.ASPX](http://www.montgomeryschoolsmd.org/departments/athletics/health/mrsa.aspx)

- 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



G – STEROIDS LINKS

[HTTP://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/ATHLETICS/HEALTH/STERIODS.ASPX](http://www.montgomeryschoolsmd.org/departments/athletics/health/steroids.aspx)

- 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



H – COVID-19 RESOURCES

[HTTPS://WWW.MONTGOMERYSCHOOLSMD.ORG/DEPARTMENTS/ATHLETICS/HEALTH/DEFAULT.ASPX?ID=670945](https://www.montgomeryschoolsmd.org/departments/athletics/health/default.aspx?id=670945)

While conditions are ever-changing in regard to COVID-19, updates regarding MCPS activities will be provided as available and posted on the MCPS Athletics webpage, under the [COVID-19 tab](#).

This slide includes documents on the COVID-19 section of the Athletics web page. You and your parent or guardian are required to review these documents:

- What you should know about COVID-19 to protect yourself and others
- Share facts about COVID-19
- Multisystem Inflammatory Syndrome in Children(MIS-C)
- COVID-19 Frequently Asked Questions from the Maryland State Health Department
- COVID-19 Awareness: Parent/Student-Athlete Participation Acknowledgement Statements