WCPS and MPSSAA

Required Paperwork

To Participate in
Interscholastic Athletics

Washington County Athletics

Fall Sports
Winter Sports
Spring Sports
TABLE OF CONTENTS

ENTIRE PACKET TO BE SUBMITTED BEFORE FIRST TRY OUT DATE

Fall Sports: Aug. 12     Winter Sports: Nov. 14     Spring Sports: March 1

1. **GUIDE FOR STUDENT-ATHLETES AND PARENTS** (remove from packet and keep for reference)

2. **CONCUSSION INFORMATION SHEET**

3. **HEAT ACCLIMATIZATION & HYDRATION SHEETS**

4. **SUDDEN CARDIAC ARREST SHEETS**

5. **SEXUAL HARASSMENT AND HAZING BROCHURE**

6. **RULES AND REGULATIONS GOVERNING PARTICIPATION IN EXTRACURRICULAR ACTIVITIES (Including Athletics)**
   - This form is required for participation each season and must have a signature by parents/guardians and students.

7. **AUTHORIZATION FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS FORM** *(signatures required)*
   - This form is required for participation each season and must have a parent/guardian.

8. **ATHLETIC AUTHORIZATION RELEASE FORM** *(signatures required)*

9. **SPORTS CONCUSSION TESTING PROGRAM AND RELEASE FORM**

10. **MPSSAA PREPARTICIPATION PHYSICAL EVALUATION FORMS** *(remove from packet, take to doctor’s office, complete after check up, sign, and return to AD)*
   - The history and clearance forms must be completed by a physician and have his/her signature or stamp. Must also contain parent/guardian and student signature as well

11. **HEALTH AND EMERGENCY/STUDENT INFORMATION CARD** *(signatures required)*
   - This pink card is to be completed by parents/guardians and will provide the coaching staff useful information in case of an emergency. (separate from the packet and will be kept in medical kits)

Once the athlete has been selected on a team, **there is a $55.00 WCPS athletic fee per season. This non-refundable fee is required before the first scrimmage/contest. (separate white Athletic Activity Fee card)
ATHLETIC GUIDE FOR STUDENTS AND PARENTS
GENERAL STANDARDS FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

Purpose: This Athletic Pamphlet is designed to be useful as a guide to student-athletes and parents. The intent is to condense into one pamphlet that information which is necessary to effectively understand and participate in the athletic program in Washington County. Athletic participation is a privilege, not a right.

The pamphlet includes a collection of information pertaining to state and county procedures and regulations. Additional references on the administration of interscholastic athletics will be found in the Maryland Public Secondary Schools Athletic Association Handbook and the Washington County Public Schools Interscholastic Athletic Handbook. Copies of these documents are available online at www.MPSSAA.org and www.wcps.k12.md.us.

There may be questions which arise that may not be covered in this brochure. Remember, this pamphlet is only a guide. Only open communications between coaching staff, athletic director, parents, students, and school administrators will ensure an effective athletic program.

GENERAL ELIGIBILITY
Enrollment: Students shall be officially registered as required by Maryland school laws and attending a member MPSSAA school. They may represent only the school in which they are registered and at which it is anticipated they will complete their graduation requirements.

Age: Students who are 19 years or older as of August 31 are ineligible to participate in interscholastic athletics for the school year ahead.

Seasons of Competition: Students may participate in interscholastic athletic contests a maximum of three (3) seasons in any one sport in grades 10, 11 and 12. Students who participate on an interscholastic team in grade 9 will have maximum athletic eligibility of (4) four seasons in any one sport.

Physical Examination: A student shall be examined and certified as being physically fit to participate in any tryout or practice. This examination shall be performed by a qualified physician within the current calendar year.

Athletic Insurance & Parental Permission: Every candidate for and participant on an interscholastic team must provide proof of parental permission and have insurance covering possible accident or injury in school-sponsored games, practice sessions and travel to and from athletic contests. Such coverage may be provided through the purchase of scholastic accident insurance or by providing proof of similar or superior coverage. (except football)

Football Insurance: The Board of Education offers an insurance policy option which students participating in football may purchase. Students must show proof of similar or superior coverage or purchase the football insurance through the Board of Education. There is no guarantee that all medical bills and expenses will be borne by the football insurance coverage. There are exclusions and limitations that are delineated in the football insurance brochure that every football candidate should receive from his respective coach. If an injury occurs, parents and/or guardians of athletes should anticipate the distinct possibility of incurring medical expenses that will not be covered by insurance.

The football insurance option available through the school system, if selected, will cover students participating in football only. Insurance for school time and other sports must be purchased separately.

Squad Membership: The coach of each sport is responsible for the determination of squad membership. Seniors are not eligible for junior varsity competition in any sport. Juniors and seniors are eligible for exhibition level competition in cross country, wrestling, track, and tennis.

Outside Team Membership: The outside participation shall not conflict with the practice or contest schedule of the school including district, regional and state championship play. A principal may authorize in advance an absence from a school scheduled practice for competition.

Transfer: A student attending a high school without the benefit of residing within the school's attendance area and/or without special permission of the Office of Pupil Services is subject to disciplinary action which will result in the loss of athletic eligibility and other penalties as may seem justified in the particular case.

Recruiting Statement: No coach or school personnel may discuss or otherwise promote transfers or changes in residence or residence arrangements with any student, parent, or other person of influence, or knowingly permit such activity to take place for the purpose of facilitating athletic participation.

Amateur Status: Any student, who has not or is not using his athletic skill as a player for financial gain or has not competed under an assumed name as a player, shall be considered an amateur. Employment as an instructor, counselor, or official may not be considered a violation. Students may not apply for reinstatement until at least 60 days after the date of violation.

ACADEMICS
Academic Eligibility: Student extracurricular activities are an integral part of school life and are used as a means of developing wholesome attitudes and good human relations; as well as knowledge and skills. These activities often require as much careful planning and supervision as student
experiences in the academic subject area; however, care must be taken that these activities do not take precedence over subject matter areas, but remain as supplemental activities to the basic courses of study.

While it is desirable that students participate in such activities to the extent that they further their educational development, it is of paramount importance that such participation shall not jeopardize pupils' academic achievement nor exploit their time and talents.

In order for students to participate in high school athletics, they must be attempting to earn a minimum of three high school credits. The only college courses that apply toward athletic eligibility are the college courses that earn high school credit based on an existing agreement between WCPS and the college.

A student who fails two or more courses, in a marking period is ineligible. Students enrolled in less than six credit bearing classes must pass all classes to be eligible. The marking period grade, reported every nine weeks, determines eligibility unless a final grade was awarded. Final grades always determine eligibility over making period grades.

Grades used to determine eligibility will be those recorded on the report card earned while attending a county school or as a result of transferring from a non-county school. The student will become eligible or ineligible on the first school day following the distribution of report cards.

The student may practice but not participate or accompany the team during the ineligible period.

Eligibility shall be determined by the previous marking period grades except that for the first marking period. Eligibility prior to the first marking period is determined by the final grades of the preceding year. Should a student not be eligible as determined by the final grades, that student may attempt to improve his/her grade by attending summer school. If, as a result of attending summer school, the student meets necessary requirements, he/she is considered eligible and may participate in extracurricular activities in the fall.

Eligibility Reinstatement: If a student becomes eligible during a sports season, he or she may try out for a team provided that he or she practices as indicated in WCPSSAA rules and meets all other eligibility criteria (e.g. insurance, passes the physical, etc.). No other member of the team may be cut as a result of this regulation.

A reinstated athlete shall not participate in a regular scheduled game/contest until at least (8) eight calendar days have elapsed after and including the first school day following distribution of reports cards.

Attendance

Each athlete is required to attend school and all classes regularly and on time. Unless there is a lawful absence or tardy, students who are members of any school team/activity must attend all classes on time each day, on the day of, as well as the day after, each scheduled practice and contest, or they will not be eligible to attend practice on that day, and they may not participate in the next scheduled regular season or post-season contest/event. Interpretation: In the case of a non-weekday or non-school day interscholastic practice, contest, or event, attendance in school, on time, and for all classes is required on the last school day prior to and the next school day immediately following the practice, contest, or event.

Fees

Athletic Activity Fee: The school system requires each student to pay an athletic activity fee for each sport season. The fee supports the Washington County Board of Education Athletic Program.

CONDUCT OF STUDENT ATHLETE

Student Conduct: As a result of misconduct the coach shall be responsible for deciding appropriate punishment with approval of the principal.

Conduct Ineligibility: If a student is placed on conduct ineligibility and/or violates the athletic participation contract and transfers to another Washington County school, that student will remain ineligible for the remainder of that school year.

Ejection: Students ejected from a scheduled athletic contest by an official of the contest may not participate on the next playing date of that same activity. This includes post-season play of that activity.

Substance Abuse

Alcohol, drug, and tobacco use are extremely serious offenses. Not only is the quality of life of the student athlete in jeopardy but the quality of life of innocent bystanders may be in jeopardy as well. Individuals participating in athletics depend on one another to be mentally and physically prepared to give their best effort each day. This cannot happen if the student athlete is using alcohol, tobacco, or drugs that are not prescribed by a physician. Athletes using, possessing, or distributing drugs, alcohol, or tobacco on school premises or at a school sponsored event shall be subject to discipline. Discipline may exclude student participation up to as much as the remainder of the season.

Serious Acts by Student Leaders: Students holding leadership positions or representing the school through academics, athletics and/or activities such as a club or organization, who commit an offense classified as a serious, unlawful act in the community or a serious suspendible offense may be removed from the position. Arrest, conviction, or legal judgment is not required.

HAZING/BULLYING: Hazing/bullying will not be tolerated to any degree and may result in disciplinary action including suspension and expulsion. Any action taken or situation created that causes or is reasonably likely to cause harassment, physical harm, serious mental or emotional harm, extreme embarrassment, ridicule, or loss of dignity to another student for purposes of initiation into a student organization or activity will not be tolerated.

TITLE IX: WCPS supports the provisions of title IX and believes the implementation of the athletic program should reflect equity in funding, scheduling, and access to programs and facilities. The supervisor of athletics in cooperation with the athletic director and building principal will annually evaluate the following areas to insure equity in athletic programs at all WCPS high schools.

PRACTICE

Starting Dates for Practice: Fall sports, August 12; winter sports, November 15; spring sports, March 1. If the first day of practice falls on Sunday, practice can begin on the preceding Saturday.
Out-of-Season Practice: Member schools and coaches shall confine all organized or formal practices for a contestant or a team to the seasonal limitations. Any individual, group or gathering that has assembled for the purpose of instruction and is under the direction of any member of the school coaching staff would constitute a violation.

A coach may not coach a team representing his/her school beyond the sports season. The team may not use a name connected with the school. The team may not use school uniforms or equipment. The outside teams' roster does not exceed 80% of returning players of what constitute a starting lineup in that sport. Returning players are those players that participated on any high school team the year before.

EQUIPMENT
Equipment Responsibility: It is the responsibility of the student-athlete to maintain and return all equipment and uniforms issued to them. Parents will be financially responsible for any equipment or uniforms which are lost, stolen, or misplaced during the time the student-athlete is responsible for them. The price of replacing these items will be 150 percent of original cost. Until all charges for lost equipment have been paid, the student-athlete will not receive a report card or be eligible to participate on any other high school athletic team.

AWARDS
Awards: The minimum criteria for awarding a school athletic letter or other similar award must include: (1) The participant must complete the season in good standing; (2) The participant must fulfill all team related obligations; and (3) The coach may establish more specific requirements with the approval of the athletic director and principal.

TOURNAMENT COMPETITION
Tournaments: There shall not be tournament competition or post season games or meets for Junior Varsity and Freshman teams, unless pre-approved by WCPSSAA.

LIMITS OF PARTICIPATION
• A student who participates in both varsity and junior varsity teams may not play in a number of games that exceeds the maximum number allowed in a sport in a week or season for the varsity team. A student may not compete on both a varsity and junior varsity team on the same day.
• All Star Games – Student athletes may participate in the maximum number of all star games per sport, upon the completion of their eligibility in the sport in which the participation occurs, as determined by MPSSAA.
• Graduates – Graduates of high schools are not eligible to practice with or participate on interscholastic sport teams. However, they may participate in the remaining athletic contests of that sport season. MPSSAA member schools shall practice with or play against only high school teams.

INCLEMENT WEATHER
• When schools are dismissed early or do not open due to inclement weather, all athletic activities, scheduled games and/or practices are cancelled.

SPORTSMANSHIP: Admission to interscholastic athletic events in Washington County entitles spectators to enjoy a competitive exhibition of skills in an education setting. We ask that spectators give student athletes positive encouragement and support. Booing, taunting or intimidating the officials and opponents is unfriendly and unacceptable.

To assure a positive and safe atmosphere, only uniformed cheerleaders will lead cheers. Noisemakers are not permitted and we request that spectators not pound or stomp on the bleachers. We encourage support for allowing all athletes the opportunity to compete in a sportsmanlike atmosphere.

CONDUCT OF SPECTATORS
The supervising personnel at an athletic function are required to maintain and enforce appropriate conduct of the spectators.

a. Spectators represent their schools, as do athletes.

b. Spectators are expected to demonstrate the highest standards of sportsmanship.

c. Booing, taunting, yelling profanities, inappropriate cheers, or attempts to intimidate athletes, coaching staffs, event personnel, administrators, officials and opponents are unacceptable behaviors.

d. Spectators should support and cheer for their teams in a positive manner.

e. Spectators who exhibit unacceptable behavior will be asked to leave the contest without reimbursement of game fees and will not be permitted to re-enter that contest. Further disciplinary action may be imposed by the school principal.

f. Spectators will not be permitted to leave and reenter without paying a second admission.

g. Spectators must comply with the WCPS’ alcohol, drug and tobacco policies.

h. Spectators must stay in the bleachers or stands. For spectator safety, there is no jumping on the bleachers or stands.

i. Only authorized coaches for the designated activity and/or authorized school supervisory personnel so designated by the school are permitted on the sidelines.

j. School dress code extends to athletic contests.

k. During contest, spectators may not play catch or pickup games inside the stadium or gymnasium.

l. Noisemakers are prohibited at athletic events.
Concussion Information Sheet

What is a concussion?
According to the U.S. Department of Health and Human Services Centers for Disease Control and Prevention (CDC):

“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.” Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your student-athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<table>
<thead>
<tr>
<th>Symptoms Reported by Athlete</th>
<th>Signs Observed by Coaching Staff</th>
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<tbody>
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Concussion Information Sheet

What can happen if my child keeps playing with a concussion or returns too soon?
Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms leaves the athlete vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if an athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that young athletes often under report symptoms of injuries and concussions are no different. As a result, the education of coaches, parents, and student-athletes is the key for safety.

What happens if you think your child has suffered a concussion?
Any athlete even suspected of suffering a concussion should be removed from play immediately. No athlete may return to activity after an apparent head injury or concussion, regardless how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. Washington County Public Schools requires the consistent and uniform implementation of well established return to play guidelines:

- A young athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.
- The athlete not return to play until they are evaluated by an authorized health care provider trained in the evaluation and management of concussions and received written clearance to return to play from that health care provider.
- Parents and coaches should inform each other of if they think the athlete may have a concussion. Remember it is better to miss one game than to miss the whole season. When in doubt, sit them out.

What are the criteria for gradual return to play?
No symptoms at rest/no medication used to manage symptoms.
No return of symptoms with typical physical and cognitive activities of daily living.
Neurocognitive functioning at typical baseline.
Normal balance and coordination.
No other medical/neurological complaints/findings.

For current and up-to-date information on concussions you can go to:
http://www.cdc.gov/Concussion

Adapted from the CDC. Document created 6/7/2011
What is a concussion?
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 in any sport or recreational activity.
• Can happen even if you haven’t been knocked out.
• Can be serious even if you’ve just been “dinged” or “had your bell rung.”

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?
You can’t see a concussion, but you might notice one or more of the symptoms listed below or that you “don’t feel right” soon after, a few days after, or even weeks after the injury.
• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness
• Double or blurry vision
• Bothered by light or noise
• Feeling sluggish, hazy, foggy, or groggy
• Difficulty paying attention
• Memory problems
• Confusion

What should I do if I think I have a concussion?
• Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
• Get a medical check-up. A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
• Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?
Every sport is different, but there are steps you can take to protect yourself.
• Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
  - The right equipment for the game, position, or activity
  - Worn correctly and the correct size and fit
  - Used every time you play or practice
• Follow your coach’s rules for safety and the rules of the sport.
• Practice good sportsmanship at all times.

If you think you have a concussion:
Don’t hide it. Report it. Take time to recover.

It’s better to miss one game than the whole season.
For more information and to order additional materials free-of-charge, visit: www.cdc.gov/Concussion.
What is a concussion?
A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?
You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

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How can you help your teen prevent a concussion?
Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.
• Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
• Ensure that they follow their coaches' rules for safety and the rules of the sport.
• Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?
1. Keep your teen out of play. If your teen has a concussion, her/his brain needs time to heal. Don’t let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it’s OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

2. Seek medical attention right away. A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

3. Teach your teen that it’s not smart to play with a concussion. Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let your teen convince you that s/he’s “just fine.”

4. Tell all of your teen’s coaches and the student’s school nurse about ANY concussion. Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen’s coaches, school nurse, and teachers. If needed, they can help adjust your teen’s school activities during her/his recovery.

If you think your teen has a concussion:
• Don’t assess it yourself. Take him/her out of play.
• Seek the advice of a health care professional.

It’s better to miss one game than the whole season.

For more information and to order additional materials free-of-charge, visit: www.cdc.gov/Concussion.
Heat Acclimatization and Heat Illness Prevention

National Federation of State High School Associations (NFHS)
Sports Medicine Advisory Committee (SMAC)

Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics. Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk. Football has received the most attention because of the number and severity of exertional heat illnesses. Notably, the National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of EHS between 1995 and 2010. EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.

The NFHS recognizes that various states and regions of the country have unique climates and variable resources, and that there is no “one-size-fits-all” optimal acclimatization plan. The MPSSAA has developed guidelines that incorporate recommendations from NFHS for a heat acclimatization plan to improve athlete safety. WCPS has implemented a 14 day heat acclimatization practice guideline to be used by coaches. These guidelines incorporate the recommendations from MPSSAA and NFHS. In addition, all WCPS coaches are required to complete the NFHS online course “A Guide to Heat Acclimatization and Heat Illness Prevention”.

Following the recommended guidelines on this paper and the NFHS course “A Guide to Heat Acclimatization and Heat Illness Prevention” can reduce the risk and incidence of EHS and the resulting deaths and injuries in high school athletics.

The following are components of EHS and Heat Acclimatization Programs.

Heat Acclimatization and Safety Priorities:

- Recognize that EHS is the leading preventable cause of death among high school athletes.
- Know the importance of a formal pre-season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and encouraging and providing ample opportunities for regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
- Know the importance for all members of the coaching staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.
- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

Fundamentals of a Heat Acclimatization Program

1. Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be “conditioned” in a period of only two to three weeks.

A. Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.
B. Minimize protective gear (helmets only, no shoulder pads) during first several practices, and introduce additional uniform and protective gear progressively over successive days.

C. Emphasize instruction over conditioning during the first several practices.

**Rationale:** The majority of heat-related deaths happen during the first few days of practice, usually prompted by doing too much, too soon, and in some cases with too much protective gear on too early in the season (wearing helmet, shoulder pads, pants and other protective gear). Players must be allowed the time to adapt safely to the environment, intensity, duration, and uniform/equipment.

2. *Keep each athlete’s individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect exertional heat illness risk.*

**Rationale:** Athletes begin each season’s practices and training activities at varying levels of physical fitness and varying levels of risk for exertional heat illness. For example, there is an increased risk if the athlete is obese, unfit, has been recently ill, has a previous history of exertional heat illness, or has Sickle Cell Trait.

3. *Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.*

**Rationale:** Coaches must be prepared to immediately adjust for changing weather conditions, while recognizing that tolerance to physical activity decreases and exertional heat illness risk increases, as the heat and/or humidity rise. Accordingly, it is imperative to adjust practices to maintain safety and performance.

4. *Athletes must begin practices and training activities adequately hydrated.*

**Rationale:** While proper hydration alone will not necessarily prevent exertional heat illness, it will decrease risk.

5. *Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed!* **Rationale:** An athlete will often show early signs and/or symptoms of developing exertional heat illness. If these signs and symptoms are promptly recognized and the athlete is appropriately treated, serious injury can be averted and the athlete can often be treated, rested and returned to activity when the signs and symptoms have resolved.

6. *Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.*

**Rationale:** Immediate medical treatment and prompt rapid cooling can prevent death or minimize further injury in the athlete with EHS. Ideally, pools or tubs of ice water to be used for rapid cooling of athletes should be available on-site and personnel should be trained and practiced in using these facilities for rapid cooling. Ice water baths are the preferred method for rapid cooling, however, if ice water pools or tubs are not available, then applying ice packs to the neck, axillae, and groin and rotating ice water-soaked towels to all other areas of the body can be effective in cooling an affected athlete.

7. *An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.*

**Rationale:** An effective emergency action plan (EAP) should be in place in case of any emergency, as a prompt and appropriate response in any emergency situation can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, varsity) and all practice and game sites.

**References:**
Hydration Tips for Athletes

The information below is to assist student-athletes in maintaining a proper level of hydration, particularly when practicing in hot or humid conditions.

- Maintaining a proper level of hydration is extremely important from a health perspective as well as a performance perspective. As a player’s level of hydration decreases, the player’s strength, stamina, and level of performance also decreases. More importantly, an appropriate level of hydration is necessary to help prevent heat stroke and other serious adverse consequences.

- To assist in maintaining a proper level of hydration
  - Drink 12 to 20 ounces of water within 30 minutes before a practice or workout.
  - During exercise, match fluids lost through sweat with fluid intake. The amount that you sweat will be determined by the air quality, how hot it is, and the intensity of the workout. When you get thirsty, get water or ask the coach if you can get water.
  - Continue to drink fluids after completion of the exercise — adequate re-hydration can take up to 12 hours.
  - Weigh yourself and record your weight daily. You should begin each practice or workout weighing approximately the same as you weighed at the beginning of the previous practice or workout.
  - Check urine output — dark yellow, reduced urine, or urine with a strong odor generally signifies dehydration.

- Water is an essential part of proper hydration; some “sports” drinks (Gatorade, Powerade, etc.) are also efficient for hydration purposes.

- Avoid caffeinated beverages, including sodas, coffee products, and “energy” drinks. They are absorbed at a slower rate and may actually increase dehydration. Among other issues, these types of fluids often “fool” the body into thinking it is hydrated when in fact it is not. These types of drinks often give you a premature feeling that you are “filled”.

- Regarding heat, if possible, on hot days wear light-weight and light colored clothing. Also, apply adequate sunscreen to avoid sunburn.

- Inform the coach of any health issues that you may have, for instance, asthma. This information is extremely important for a coach.

- Be aware of, and report to the coach, any of the following conditions that may signal a significant level of dehydration that merits immediate attention:
  - Cessation of sweating (your body is not producing sweat even though you are exercising heavily and/or it is hot).
  - Excessive weakness or fatigue (you feel more weak or tired than you should).
  - Cramping.
  - Pale or flushed skin (your skin is “whiter” than normal, or an abnormal color).
  - Chills (you may feel cold even though it is hot outside).
  - Nausea (you feel like you need to throw-up).
  - Unsteadiness or dizziness (you feel lightheaded or dizzy).
  - Incoherence (you feel “out-of-it” — you do not understand what someone is saying).
# Sudden Cardiac Arrest (SCA)

**Information for Parents and Student Athletes**

**Definition:** Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs.

SCA in student athletes is rare; the chance of SCA occurring to any individual student athlete is about one in 100,000. However, student athletes’ risk of SCA is nearly four times that of non-athletes due to the increased demands on the heart during exercise.

**Causes:** SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

## Warning Signs of SCA

- SCA strikes immediately.
- SCA should be suspected in any athlete who has collapsed and is unresponsive.
  - No response to tapping on shoulders
  - Does nothing when asked if he/she is OK
- No pulse

## Emergency Response to SCA

- Act immediately; time is most critical to increase survival rates.
- Recognize SCA.
- Call 911 immediately and activate EMS.
- Administer CPR.
- Use Automatic External Defibrillator (AED).

## Warning signs of potential heart issues:

The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

**Risk of Inaction:** Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

Information used in this document was obtained from the American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org), and the Sudden Cardiac Arrest Foundation (www.sca-aware.org). Visit these sites for more information.
Frequently Asked Questions about Sudden Cardiac Arrest (SCA)

What are the most common causes of Sudden Cardiac Arrest (SCA) in a student athlete?

SCA is caused by several **structural** and **electrical** diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are **inherited**, which means the tendency to have these conditions is passed from parents to children through the genes. Some of these conditions are listed below.

1. **Hypertrophic cardiomyopathy (HCM):** HCM involves an abnormal thickening of the heart muscle and it is the most common cause of SCA in an athlete.
2. **Coronary artery anomalies:** The second most common cause is congenital (present at birth) abnormalities of coronary arteries, the blood vessels that supply blood to the heart.
3. Other possible causes of SCA are:
   a. **Myocarditis:** an acute inflammation of the heart muscle (usually due to a virus).
   b. Disorders of heart electrical activity such as:
      i. **Long QT syndrome.**
      ii. **Wolff-Parkinson-White (WPW) syndrome.**
      iii. **Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT).**
   c. **Marfan syndrome:** a condition that affects heart valves, walls of major arteries, eyes, and the skeleton.
   d. Congenital aortic valve abnormalities.
4. **Commotio Cordis:** concussion of the heart from sudden blunt non-penetrating blow to the chest.
5. Use of recreational, **performance-enhancing** drugs, and **energy drinks** can also bring on SCA.

How can we minimize the risk of SCA and improve outcomes?

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition, and treatment strategies. One important strategy is the requirement for a yearly pre-participation screening evaluation, often called a sports physical, performed by the athlete’s medical provider.

1. It is very important that you **carefully and accurately complete the personal history and family history section** of the “Pre-Participation Physical Evaluation Form” available at [http://www.mpssaa.org/HealthandSafety/Forms.asp](http://www.mpssaa.org/HealthandSafety/Forms.asp).
2. Since the majority of these conditions are inherited, **be aware of your family history**, especially if any close family member:
   a. had sudden unexplained and unexpected death before the age of 50.
   b. was diagnosed with any of the heart conditions listed above.
   c. died suddenly/unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning.
3. **Take seriously the warning signs and symptoms of SCA.** Athletes should notify their parents, coaches, or school nurses if they experience any of these warning signs or symptoms.
4. Schools in Maryland have AED policies and emergency preparedness plans to address SCA and other emergencies in schools. Be aware of your school’s various preventive measures.
5. If a cardiovascular disorder is suspected or diagnosed based on the comprehensive pre-participation screening evaluation, a referral to a child heart specialist or pediatric cardiologist is crucial. Such athletes will be excluded from sports pending further evaluation and clearance by their medical providers.
Sexual Harassment
and Hazing:
Your Actions Make a Difference!

Each school and community has a responsibility to protect against harassment and hazing. This responsibility extends to the school’s athletic programs. It is essential that the school communicate to all students and parents who are eligible to compete that the school will not tolerate any form of harassment. The school should have a policy against hazing, sexual misconduct, and other forms of harassment.

Two Generally Recognized Categories of Sexual Harassment

1. Quid Pro Quo
   - Quid Pro Quo Harassment occurs when one person (generally in a supervisory capacity such as an upper-classman or a coach) makes known, unwelcome sexual demands of another person who is expected to perform a specific job. This could be in the context of academic, athletic, or employment opportunities.

2. Hostile Environment
   - Hostile Environment Harassment is unwelcome conduct by a person that is sufficiently serious, persistent, or pervasive, so that it affects another person’s ability to perform his or her job or everyday activities. Conduct contributing to a hostile environment might include:
   - Sexual propositions communicated via e-mail, in person, or graphically;
   - Verbal expressions of a sexual nature, including comments about hair, dress, physical appearance, or sexual activities;
   - Sexually suggestive jokes, innuendoes, sounds, gestures, or leering;
   - Anecdotes, questions, or comments about sexual activities;
   - Excessive or inappropriate physical contact;
   - Use of sexually suggestive objects, articles, tapes, pictures, or other materials.

Key Elements of a Good Reporting System

1. Communicate to your students, coaches/activity personnel, officials, and parents that you have a policy against hazing, sexual misconduct, and other forms of harassment.
2. Make the process of reporting allegations simple and direct.
3. Make the principal, as the highest administrative official in the building, directly responsible for directing the investigation of any allegation of misconduct, hazing, or harassment.
4. Document, in writing, any allegation of misconduct, hazing, or harassment, and the results of the investigation.
5. Promptly take such remedial action as is necessary and appropriate.

Your school should also ensure that students and coaches are aware of the school’s policies on harassment and hazing, and that they know how to report complaints, and assure them that harassment may be reported without fear of repercussions.

Your Actions Make a Difference!
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(Source: Dr. Lee Green, Baker University Sportslaw Publishing .com/slpnewsl.htm)

and Hazing:

(Source: "High School Hazing: When Rites Become Wrong," by Hank Nuwer)

Sexual Harassment

Ten Recommendations for Preventing Sexual Harassment in Schools and Athletics Programs

1. Teachers and athletics personnel should never use sexually explicit language or tell sexually explicit/off-color jokes in the presence of students or student-athletes.
2. Teachers and athletics personnel should never display sexually explicit or pornographic pictures/materials on school property and should never show such materials to students or student-athletes under any circumstances.
3. Teachers and athletics personnel should avoid engaging in excessively personal conversations, both in person and on the phone, with students or student-athletes.
4. Teachers and athletics personnel should avoid sending excessively personal letters, cards, e-mails, or gifts to students or student-athletes.
5. Teachers and athletics personnel should avoid commenting on the physical appearance, including manner of dress and specific physical attributes, of students or student-athletes.
6. Teachers and athletics personnel should avoid to the greatest extent possible physical contact with or touching of students or student-athletes.
7. Teachers and athletics personnel should avoid giving students or student-athletes rides home alone or even in groups where eventually only one student will remain in the car alone with the adult.
8. Teachers and athletics personnel should avoid off-school-property, one-on-one meetings alone with students or student-athletes, especially in the home of the student or the adult.
9. Teachers and athletics personnel should avoid planning or taking unchaperoned overnight school or athletics trips with students or student-athletes and, on properly chaperoned trips, should exercise the highest degree of caution and propriety regarding interaction with students or student-athletes.
10. Teachers and athletics personnel should never date students or student-athletes under any circumstances. Issues of power differential, consent and credibility make such relationships untenable within any level of educational institution.

Factors Used to Evaluate Sexual Harassment

- Supervisors or teachers have responsibili-
- A person who witnesses the incident. • A third party who may not have witnessed the incident, but hears about it. • A victim. • Other incidents of sexual harassment at the school. • Incidents of gender-based, but non-sexual harassment.

Factors Used to Evaluate Sexual Harassment

• The number of individuals involved. • The age and gender of the alleged harasser and the subject or subjects of the harassment. • The size of the school, location of the incidents and context in which they occurred. • The degree to which the conduct affects the one victim. The information may have come to him/her through conversation or may have been overheard in a classroom situation. ... information is gathered indirectly, members of the school community have a responsibility to report damaging behavior.

How to Handle Hazing

1. Establish welcome programs for first-year students.
2. Reconsider all "team-bonding" or "initiation" circumstances. Issues of power differential, consent and credibility make such relationships untenable within any level of educational institution.
3. Urge your school to adopt a statement of awareness.
4. Create a spirit of camaraderie.
5. Don’t cover-up hazing incidents.
6. Teachers and athletics personnel should avoid to the greatest extent possible physical contact with or touching of students or student-athletes.
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In order to participate in extracurricular activities, students must meet the following eligibility requirements for academics and conduct.

B. Rules for Academics
1. In order for students to participate in high school athletics, they must be attempting to earn a minimum of three high school credits. The only college courses that apply toward athletic eligibility are the college courses that earn high school credit based on an existing agreement between WCPS and the college.
2. If taking a full course load of six (6) or more credits, may not fail more than one subject that is worth one credit.
3. If enrolled in less than six (6) credits in a semester, must pass all subjects in order to be eligible.
4. The marking period grade, reported every nine weeks, determines eligibility for the next marking period unless a final grade was awarded. Final grades always determine eligibility over marking period grades.

C. Rules of Conduct: Each student is expected to display good conduct, citizenship, and sportsmanship at all times. Rules will apply during the term of the activity. Violations may include but are not restricted to:
1. Reportable Offenses:
   - Crimes of violence - (arson, kidnapping, manslaughter, murder, rape)
   - Possession of a handgun during the commission of a crime
   - Carrying or possession of a deadly weapon on school property
   - Carrying or wearing a concealed weapon or carrying it openly with intent to injure
   - Manufacturing / distributing of a controlled substance
   - Possession of a firearm
2. Use of drugs or controlled dangerous substances (Except by physician's prescription and notification of advisor) on school property or at a school sponsored event.
3. Possession or use of alcohol on school property or at a school sponsored event.
4. Constructive Possession: Knowingly and willingly placing oneself in proximity with a person who is illegally in possession of drugs or alcohol on school property or at a school sponsored event.
5. Use of tobacco on school property or at a school sponsored event.
6. Insubordination or use of profanity to any faculty member, school administrator or official
7. Flagrant misconduct and misbehavior in school
8. Misbehavior and misconduct in the community while representing the school.
9. Exceeding allotted number of absences/tardiness to classes, announced meetings, activities, etc.
10. Unless there is a lawful absence or tardy, students must be present in school all day on the day of an extracurricular activity in order to participate. Further, students must be on time and present all day the day after an extracurricular activity in order to participate in the next scheduled event.

Disciplinary Actions: As a result of misconduct or disruptive behavior, the Principal or designee shall be responsible for deciding appropriate discipline. Disciplinary action can range from a conference, to a suspension, to dismissal from the organization or team for forty five (45) calendar days or the remainder of the sports season, whichever is longer. Students will be required to refrain from additional violations of the disciplinary code. Elected and appointed offices held within the organization may be forfeited for the remainder of the school year. The student will be referred to the school Student Assistance Program for violation of rules of conduct #2, #3, and/or #4.

1. Any student expelled or suspended from school;
   i. May not participate in school sponsored activities and;
   ii. May not return to the school building or grounds without the Principal's permission.
2. A student athlete who has been suspended or expelled from school for violation of any Board of Education policy or regulation governing possession and use of weapons and dangerous implements by students, alcoholic beverages, controlled dangerous substances or other intoxicants, by students or expelled for any other reason, will be prohibited from participating in interscholastic sports programs for at least 45 days (45) or the remainder of the season (whichever is longer) in which the infraction occurred, and may be subject to such other athletic sanctions as the principal deems appropriate.
3. A coach has the responsibility to administer appropriate forms of discipline for infractions of team rules.
4. Serious violations of athletic policies, rules, or regulations will be handled by the Athletic Director in consultation with the Principal and consistent with WCPS discipline guidelines and due process.
5. If an athlete is removed from a contest for fighting or unsportsmanlike conduct, that athlete will not be permitted to play in the next scheduled contest for the team.

Depending on the severity of behavior, additional time out or removal from the team may result. In regional or state games MPSSAA sanctions on state tournament participants also will apply.

D. Appeal Procedure: Appeals for reinstatement in extracurricular activities (including athletics) may be made to the principal with a further appeal to the Superintendent of Schools or designee. Students shall remain ineligible from participation in the activity through conclusion of due process.

E. Additions: Additional rules and regulations pertaining to participation in extracurricular activities are included in the Guide to Washington County Public Schools, Washington County Public Secondary School Athletic Association Handbook or online at wcpsmd.com- click Department and then click Athletics.

Revised 7/1/15
Signatures Required on Following Pages

(Please Sign All Required Pages and Tear This Section Out of Booklet and Return to Athletic Director)
WCPS and MPSSAA
REQUIRED PAPERWORK
TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS

(THESE ENTIRE PACKET MUST BE Turned IN TO THE HEAD COACH PRIOR TO OR ON THE FIRST DAY OF TRY OUTS)

Student-Athlete’s Name: ________________________________

Sport Trying Out For: __________________________________

Student-Athlete’s Grade: 9th  10th  11th  12th  (Circle One)

Student-Athlete’s Birth Date: _____________________________
Month    Day    Year

Years Participated in This High School Sport: (not including this year) 1  2  3  (Circle One)

wcpsmd.com
AUTHORIZATION FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

As parents or legal guardians of ________________________________________________________ (Name of Student)

We hereby authorize and consent to our child’s participation in interscholastic athletics and sports. We understand that the sport in which our child will be participating is potentially dangerous and that physical injuries may occur to our child requiring emergency medical care and treatment. **We assume the risk of injury to our child that may occur in an athletic activity.**

In consideration of the acceptance of our child by the Washington County Public Schools in its athletic program and the benefits derived by our child from participation, we agree to release and hold harmless the Board of Education of Washington County, its members, the Superintendent of Schools, the principal, all coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them from any claims, costs, suits, actions, judgments, and expenses arising from our child’s participation in interscholastic athletics and sports and any injuries received therefrom and expenses related thereto.

We hereby give our consent and authorize the Board of Education of Washington County and its agents, servants, and/or employees to consent on our behalf and on behalf of our child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

We understand and agree that we will be responsible for all medical bills and costs that may be incurred as a result of medical care and treatment of our child, and we agree to provide proof of insurance coverage of our child against accidents and injuries in school sponsored games, practice sessions and during travel to and from athletic contests.

Students who have elected to participate in the athletic program will be required to practice and participate in scheduled contests after regular school hours and possibly on non-school days. Supervision at practice, games and travel will be provided by the school.

In addition, it is recognized that all students must comply with eligibility regulations that govern athletics in Washington County Public Schools as issued by the Washington County Board of Education and the Maryland State Department of Education.

Every candidate for and participant on an interscholastic team must obtain and maintain insurance against possible accident or injury in school-sponsored games, practice sessions, and during travel to and from athletic contests. Such coverage may be provided by the purchase of scholastic accident insurance (through the school); otherwise, proof of similar or superior coverage must be presented. Football insurance must be purchased separately from other insurance options. There is no guarantee that all medical bills and expenses will be borne by the football insurance coverage.

Name of School

Community or Development of Residence

I also declare and affirm that my child:

☐ Resides (with parents or legal guardians) within the above attendance area, or

☐ Is attending the above school with special permission of the Office of Student Services of Washington County Public Schools

If a student is attending a high school without the benefit of **residing (with parents or legal guardians)** within the school’s attendance area and/or without special permission of the Office of Student Services, the student in question is subject to disciplinary action which could result in the loss of athletic eligibility for a period of time, ineligibility in a specified sport for the forthcoming year or penalties as may seem justified in the particular case. **A student being taught by parental request at home (home instruction) is not enrolled in Washington County Public Schools and cannot participate in athletics.** The athlete’s team and school will be penalized for failure to comply with MPSSAA regulations.

I/We understand and agree to all of the above.

<table>
<thead>
<tr>
<th>Relationship to student</th>
<th>Signature of Parent/Legal Guardian</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone</td>
<td>Cell Phone</td>
<td>Email</td>
</tr>
</tbody>
</table>


# Athletic Release Form

## Student Information

<table>
<thead>
<tr>
<th>Name (son/daughter/ward)</th>
<th>Grade</th>
<th>Age</th>
<th>Birth Date</th>
<th>School Insurance</th>
<th>Other Insurance (company)</th>
<th>Policy Number</th>
</tr>
</thead>
</table>

My son/daughter/ward, is Covered by accident insurance:  
☐ Yes  ☐ No

## Parent Information

<table>
<thead>
<tr>
<th>Parent/Guardian Name (Print)</th>
<th>Email</th>
<th>Street Address</th>
<th>Home Phone</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
<th>Phone #2</th>
</tr>
</thead>
</table>

By evidence of the signatures below, you testify that you:

- Have read the Athletic Guide
- Have read the provisions of the Authorization for Participation in Interscholastic Athletics form
- Understand the eligibility standards

Failure to complete, sign and return to your child’s coach will result in her/his exclusion from participation in the interscholastic athletic program of Washington County Public Schools.

### Important:

If a student changes residency during the sport season, parents must notify the athletic director immediately and update this form.

☐ I do not have insurance, but I will purchase school insurance for my son/daughter. Please provide me with information.

☐ I hereby acknowledge that I received the Concussion Information Sheet and the Fact Sheet for Athletes and Parents. I certify that I understand the information that has been provided concerning the signs, symptoms, prevention and treatment of concussions and the seriousness of concussions.

☐ I hereby acknowledge that I received the Heat Acclimatization and Hydration Information Sheets. I certify that I understand the information that has been provided concerning the signs, symptoms, prevention, treatment and the seriousness of heat and dehydration.

☐ I hereby acknowledge that I received the Sudden Cardiac Arrest (SCA) Information Sheet. I certify that I understand the information that has been provided concerning the signs, symptoms, prevention and treatment of Sudden Cardiac Arrest (SCA) and the seriousness of Sudden Cardiac Arrest.

☐ I hereby acknowledge give permission for student’s name and picture to be used for internet and school publications.

☐ I have received a copy of the above rules and regulations governing participation in extracurricular activities in the Washington County School System. I have read, understand, and agree to abide by the above rules and regulations.

☐ My child has permission to participate in Interscholastic Athletics.

<table>
<thead>
<tr>
<th>Student’s Signature</th>
<th>Date</th>
<th>Parent/Legal Guardian’s Signature</th>
<th>Date</th>
</tr>
</thead>
</table>

*This form cannot be accepted without above information.*
SPORTS CONCUSSION TESTING PROGRAM
and RELEASE OF INFORMATION

I understand that pre-concussion baseline testing and post-concussion testing will be administered at my son/daughter’s high school, and is part of the procedure for guiding their return to sports participation after the injury. This testing is only one part of the criteria that will be used to determine the student’s ability to return to play.

**Procedures**
- There is no charge for the Computerized Concussion Assessment Test (ImPACT) to be conducted at the school. (More information at impacttest.com)
- If my son/daughter sustains a concussion; the post-injury test will be administered by the athletic trainer when my son/daughter is asymptomatic. This post-injury test result will be compared with the baseline test.
- The post-injury test results will be reviewed by the certified athletic trainer with the authorized consulting Health Care Provider to advise a next course of action.
- Upon written request, a copy of the post-injury test results will be sent to me.
- I may choose to consult with a concussion specialist outside of the school system at my own cost to assist my son/daughter’s recovery. The athletic trainer will work with this consultant to coordinate care.
- The Washington County Public School System (WCPS) is not providing medical coverage or reimbursement for any testing, assessment, follow-up, or rehabilitation beyond the initial post-injury concussion test.

**Limitations on Use of Information**
- I understand that the concussion baseline is designed only for concussion management and not as an IQ test and will not be used for educational planning or placement decisions.
- It is important to recognize that blows to the head can cause a variety of injuries other than concussions (e.g., neck injuries, more serious brain injuries). The sports concussion program is designed for concussions only. You must see your doctor as soon as possible to address any other medical concerns.

**Storage, Use of Information, Persons Authorized Access, and Confidentiality**
- Washington County Public School System (WCPS) will appropriately safeguard protected individually identifiable health information made available to or obtained by WCPS from its students. WCPS will comply with applicable legal requirements relating to protected Health Information.
- Test results will be stored confidentially on a password protected secure website.
- Only the following individuals will have access to the test results: School athletic trainer, consulting neuropsychologist, Director of Athletics and Activities, and any physician designated by parent/guardian.
- Information about the student’s recovery may be provided to the school nurse, guidance counselor, school psychologist, and/or teachers to provide temporary health or academic support.
- Upon written request, a copy of the post-injury test results will be sent to me in writing and, if I request, to my designated physician.

**Acknowledgement and Consent**
I have read this document completely and I understand the terms and conditions set forth above under Procedures, Limitation on Use of Information, and Storage, Use of Information, Persons Authorized Access, and Confidentiality. I understand that this testing program is a mandatory requirement of sports participation except for the sports of corollary sports, cross country, golf, tennis, indoor track, and outdoor track with the exception of the pole-vault and high jump events. The concussion testing program is available on a voluntary basis to those students not mandated to be tested. I consent to the administration of the concussion testing of my child under this program and to the release of my child’s testing information and related protected health information to the individuals specified in this form.

<table>
<thead>
<tr>
<th>Parent/Guardian Name:</th>
<th>Parent/Guardian Signature:</th>
<th>Date:</th>
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</thead>
<tbody>
<tr>
<td>(Parent/Guardian Phone Number # 1)</td>
<td>(Phone Number # 2)</td>
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<tr>
<td>Official Use Only:</td>
<td>DOB:</td>
<td>Grade:</td>
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Last Name: |
PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM FOR EXTRACURRICULAR ACTIVITIES

This form should be completed by the student’s parent(s) or legal guardian(s). It must be submitted to the Athletic Director, or official designated by the school, prior to the start of each season a student’ plans to participate in an extracurricular athletic activity.

Student Information

Name: 

Grade: 

Sport(s): 

Home Address: 

Has student ever experienced a traumatic head injury (a blow to the head)? Yes______ No______

If yes, when? Dates (month/year): ________________________________

Has student ever received medical attention for a head injury? Yes______ No______

If yes, when? Dates (month/year): ________________________________

If yes, please describe the circumstances:

Was student diagnosed with a concussion? Yes______ No______

If yes, when? Dates (month/year): ________________________________

Duration of Symptoms (such as headache, difficulty concentrating, fatigue) for most recent concussion:

Parent/Guardian: Name: ________________________________ (Please print)

Signature/Date ________________________________

Student Athlete: Signature/Date ________________________________
**Preparticipation Physical Evaluation**

**HISTORY FORM**

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Date of Exam ____________________________
Name __________________________________________________________________________________
Date of birth ____________________________________________
Sex _______ Age ___________ Grade _____________ School _____________________________ Sport(s) __________________________________

**Medicines and Allergies:** Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking:

<table>
<thead>
<tr>
<th>Date of Exam</th>
<th>Name</th>
<th>Date of birth</th>
<th>Sex</th>
<th>Age</th>
<th>Grade</th>
<th>School</th>
<th>Sport(s)</th>
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**Medical Questions**

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**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

Signature of athlete ____________________________ Signature of parent/guardian ____________________________ Date ____________________________

## Preparticipation Physical Evaluation

### THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam ___________________________________________

Name ___________________________________________ Date of birth __________________________

Sex _______ Age __________ Grade _____________ School _____________________________ Sport(s) __________________________________

1. Type of disability
2. Date of disability
3. Classification (if available)
4. Cause of disability (birth, disease, accident/trauma, other)
5. List the sports you are interested in playing

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>6. Do you regularly use a brace, assistive device, or prosthetic?</td>
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<td>7. Do you use any special brace or assistive device for sports?</td>
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<td>8. Do you have any rashes, pressure sores, or any other skin problems?</td>
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<td>9. Do you have a hearing loss? Do you use a hearing aid?</td>
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<td>10. Do you have a visual impairment?</td>
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<td>11. Do you use any special devices for bowel or bladder function?</td>
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<td>12. Do you have burning or discomfort when urinating?</td>
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<td>13. Have you had autonomic dysreflexia?</td>
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<td>14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?</td>
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<td>15. Do you have muscle spasticity?</td>
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<td>16. Do you have frequent seizures that cannot be controlled by medication?</td>
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</table>

**Explain “yes” answers here**

Please indicate if you have ever had any of the following.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Atlantoaxial instability</td>
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<tr>
<td>X-ray evaluation for atlantoaxial instability</td>
<td></td>
<td></td>
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<tr>
<td>Dislocated joints (more than one)</td>
<td></td>
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<tr>
<td>Easy bleeding</td>
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<tr>
<td>Enlarged spleen</td>
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<tr>
<td>Hepatitis</td>
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<tr>
<td>Osteopenia or osteoporosis</td>
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<tr>
<td>Difficulty controlling bowel</td>
<td></td>
<td></td>
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<tr>
<td>Difficulty controlling bladder</td>
<td></td>
<td></td>
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<tr>
<td>Numbness or tingling in arms or hands</td>
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<td></td>
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<tr>
<td>Numbness or tingling in legs or feet</td>
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<tr>
<td>Weakness in arms or hands</td>
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<td></td>
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<tr>
<td>Weakness in legs or feet</td>
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<tr>
<td>Recent change in coordination</td>
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<tr>
<td>Recent change in ability to walk</td>
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<tr>
<td>Spina bifida</td>
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<tr>
<td>Latex allergy</td>
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</tbody>
</table>

**Explain “yes” answers here**

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete ___________________________________________ Signature of parent/guardian ___________________________________________ Date __________________________

## Preparticipation Physical Evaluation

### PHYSICAL EXAMINATION FORM

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of birth</th>
</tr>
</thead>
</table>

### PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

### EXAMINATION

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP /</td>
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<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td></td>
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</table>
  - Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) |
| Eyes/ears/nose/throat |
  - Pupils equal |
  - Hearing |
| Lymph nodes |
| Heart* |
  - Murmurs (auscultation standing, supine, +/- Valsalva) |
  - Location of point of maximal impulse (PMI) |
| Pulses |
  - Simultaneous femoral and radial pulses |
| Lungs |
| Abdomen |
| Genitourinary (males only)* |
| Skin |
  - HSV, lesions suggestive of MRSA, tinea corporis |
| Neurologic* |

#### MUSCULOSKELETAL

<table>
<thead>
<tr>
<th>Neck</th>
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<tbody>
<tr>
<td>Back</td>
</tr>
<tr>
<td>Shoulder/arm</td>
</tr>
<tr>
<td>Elbow/forearm</td>
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<tr>
<td>Wrist/hand/fingers</td>
</tr>
<tr>
<td>Hip/thigh</td>
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<tr>
<td>Knee</td>
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<td>Leg/ankle</td>
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<td>Foot/toes</td>
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<tr>
<td>Functional</td>
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</tbody>
</table>
  - Duck-walk, single leg hop |

<Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.>

*Consider (6) exam if in private setting. Having third party present is recommended.

*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for

- Not cleared
  - Pending further evaluation
  - For any sports
  - For certain sports

Reason

Recommendations

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) Date

Address Phone

Signature of physician MD or DO