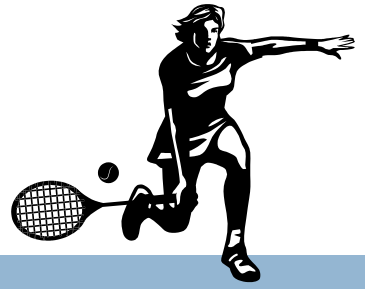
MCPS ATHLETE PRE-SEASON SAFETY PRESENTATION



Introduction



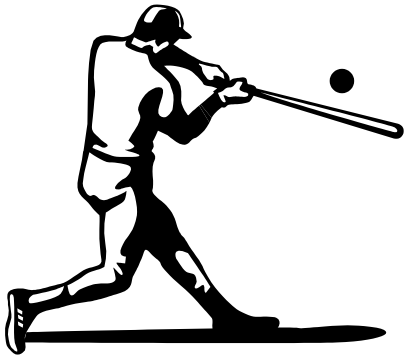


- There are tremendous benefits associated with being a student-athlete. Student-athletes learn important things, lessons, that cannot be learned in a classroom.

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







Purpose of Presentation

- All student-athletes and a parent/guardian are required to review information on the Health and Safety page of the MCPS Athletics webpage.
- This presentation provides a brief overview of that information – the information on the webpage that you are required to review is more detailed.

- REMEMBER:
  - Student-athletes have a responsibility to themselves and their team to exercise basic, fundamental, health and safety practices.
  - This responsibility includes reporting injuries and health concerns to the coach. Trying to play when hurt can cause catastrophic long term injury.
  - Trying to play when injured hinders the team, not helps it. It is a "lose-lose" situation.

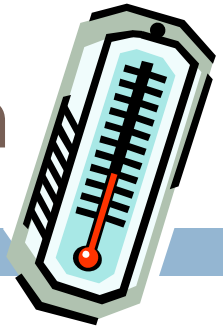
Important Information

- The items in this presentation are highlights of information posted on the Health and Safety page of the Athletics section of the MCPS website. *www.montgomeryschoolsmd.org/departments/athletics*
- **Student-athletes and their parents are required to review that information in its entirety as a condition of participation.**
- Students who cannot access the MCPS Athletics webpage should see the coach or athletic director for the information.





I. Heat Acclimatization & Hydration



- 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.





A - Tips and Fluid Guidelines



- In general, athletes do not drink a sufficient amount of water.

- The National Athletic Trainers Association recommends the following:
  - Drink 16 ounces of fluid 2 hours before exercise.
  - Drink another 8 to 16 ounces 15 minutes before exercise.
  - During exercise, drink 4 to 8 ounces of fluid every 15 to 20 minutes.
  - After exercise, drink 16 to 20 ounces of fluid for every pound lost during exercise to achieve normal fluid state within 6 hours.

- The volume and color of your urine is a simple way of seeing if you're well hydrated. Large amounts of clear urine mean you're hydrated, small amounts of dark urine mean that you need to drink more!

B - Quick Facts



- Water is an essential part of proper hydration. Some "sports" drinks (Gatorade, Powerade) are also efficient for hydration purposes.
- Avoid caffeinated beverages, including sodas, coffee products, and "energy" drinks. They are absorbed at a slower rate and can increase dehydration.
- Student-athletes who do not properly rehydrate their bodies between practices run the risk of cumulative dehydration.
- Cumulative dehydration is when the athlete begins each day more dehydrated than the day before until - often suddenly - the body can simply shut down. The result could be catastrophic.

C - Non-Environmental Risk Factors

- There is not much one can do to control the environmental risk factors – when it's hot it's hot! We cannot do much about that.

- But a person can and should take measures to control non-environmental risk factors, including:



  - **Appropriate clothing and equipment** – lightweight, light color
  - **Appropriate hydration** – drink before, during, and after workouts
  - **Appropriate diet** – maintain a healthy, well rounded diet
  - **Appropriate fitness** – maintain an exercise regimen in the off season
  - **Acclimatization to heat conditions** – gradually prepare for hot conditions
  - **Monitoring medications** – some medications promote dehydration





Heat Acclimatization Links

- The next two slides include documents in the Health and Safety section of the Athletics webpage. You and a parent or guardian are required to review these documents:

- MCPS Heat Acclimatization Guidelines and Procedures
- Heat Stress and Athletic Participation
- MCPS Heat Restrictions
- Air Quality Index
- Weather Guidelines

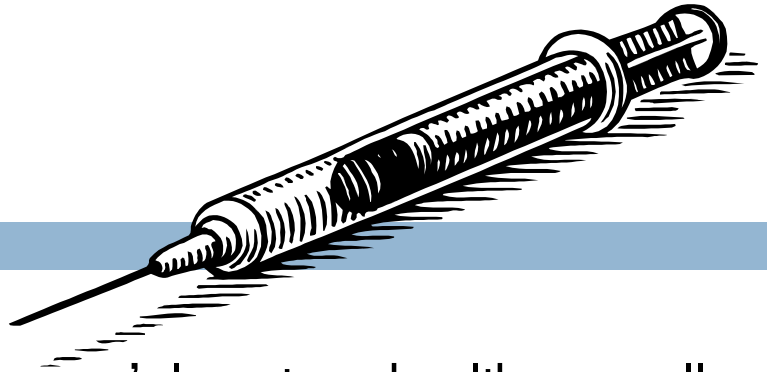


Hydration Links

- Hydration Color Chart
- Keeping It Cool: Hydration Tips for Athletes
- NFHS: Position Statement and Recommendations for Hydration to Minimize the risk for Dehydration for Heat Illness
- NFHS: Position Statement and Recommendations to the Use of Energy Drinks by Young Athletes



II. Steroids



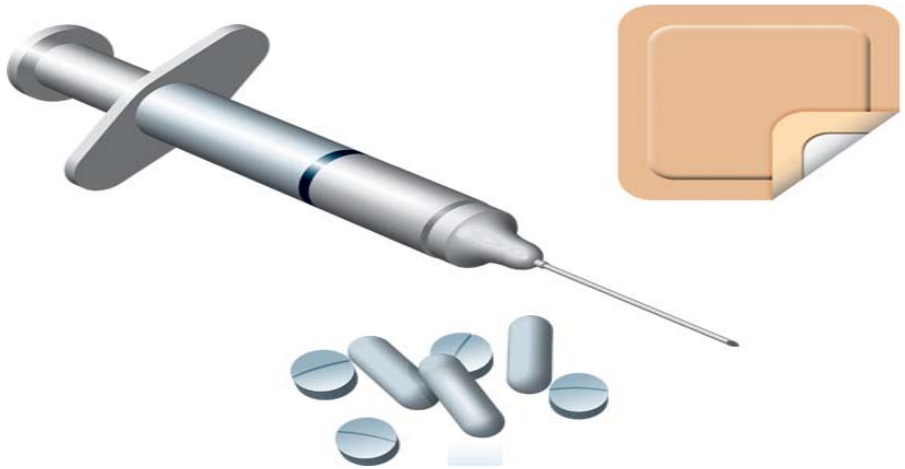
- The adverse effects of steroids on a person's long-term health are well documented.
- The hormones used by some athletes to increase muscle mass and strength are anabolic, androgenic steroids.
- The use of steroids won't lead to muscle growth without also leading to other unintended, undesirable side effects.





A – Facts About Anabolic Steroids

- The possession or sale of anabolic steroids in the United States without a prescription is illegal.
- Athletes who use injectable anabolic steroids in high school have tested positive in collegiate drug tests – months after they stop injecting steroids.
- Athletes who inject steroids are at greater risk for infections, including HIV and Hepatitis.



B – Side-Effects from Use

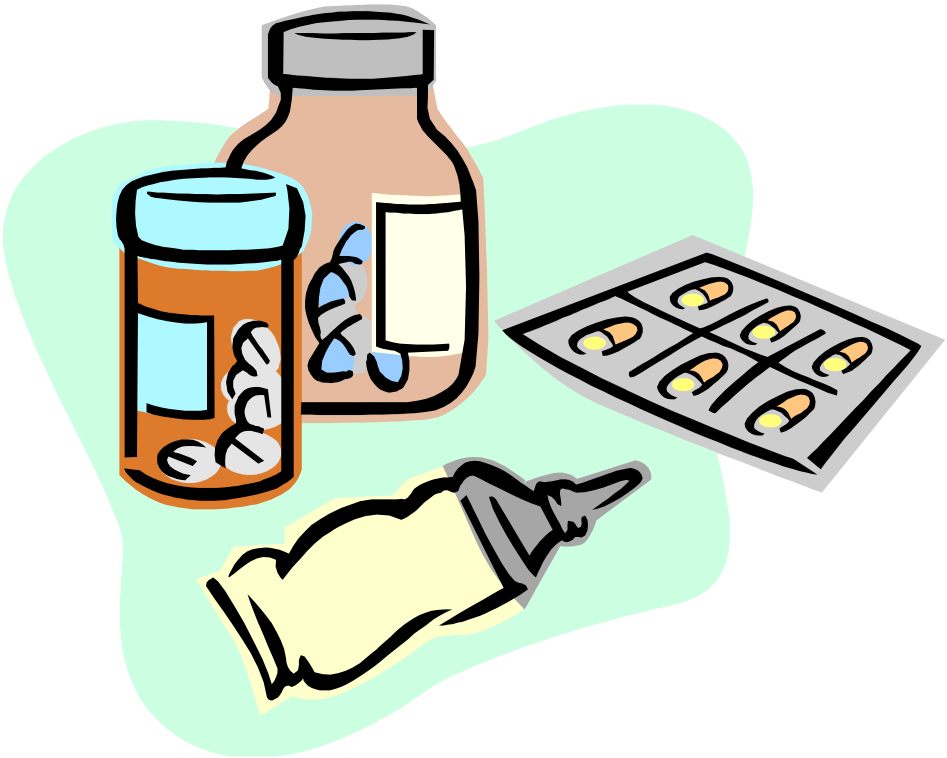


- Girls who use steroids can grow body and facial hair and experience permanent voice lowering.
- Boys who use steroids can form breast tissue, begin to lose their hair (go bald), and have their testicles shrink.
- Boys and girls who use steroids can have thick , oily skin, which often leads to severe acne on the face and body.
- Steroids lead to mood swings, depression, loss of sleep, and paranoia.
- Some athletes have died from steroid use.

Steroids Links

- This slide includes documents on the Health and Safety section of the Athletics webpage. You and your parent or guardian are required to review these documents:

- Parent Brochure
- Student Brochure



III. MRSA



- MRSA is another important health and safety concern for student-athletes. MRSA is a type of skin infection.

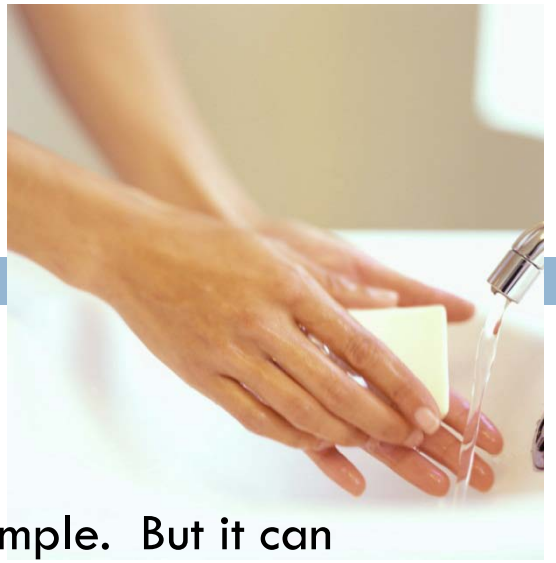
- Staph aureus is a bacterium that is commonly found on the skin or in the nose.

- Methicillin-Resistant Staph Aureus (MRSA) is a staph infection that does not respond to the more commonly used antibiotics.



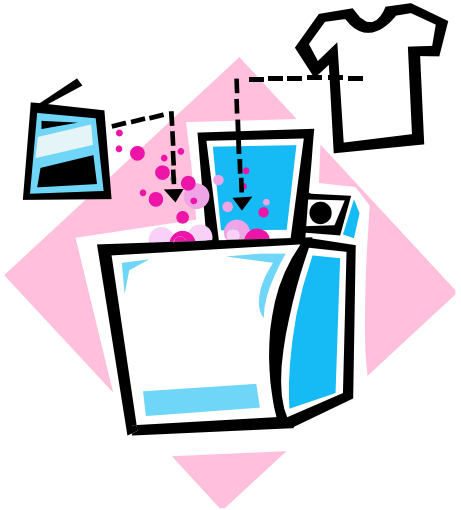


A – General Information



- MRSA is extremely difficult to treat.
- MRSA often looks innocent at first - like an infected pimple. But it can quickly worsen to include redness, warmth, swelling, pain, and drainage.
- MRSA is highly contagious – it can be spread by skin-to-skin contact, or contact with contaminated objects such as razors, soap, clothing, or towels.





B – Prevention Guidelines



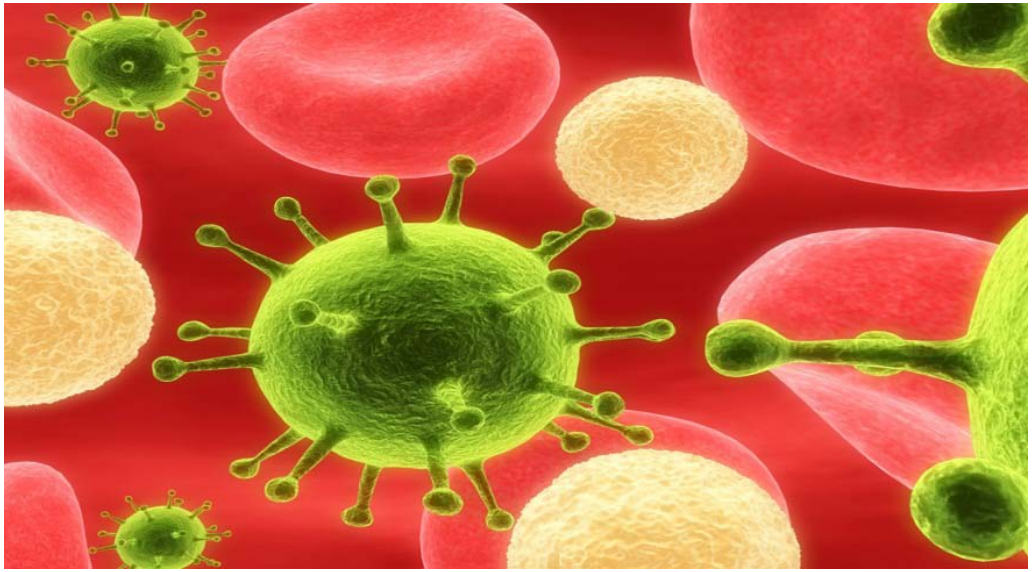
- An important defense against MRSA is simple hand washing.
- Shower as soon as reasonably possible following practices and games.
- All cuts and abrasions must be washed well and washed often.
- Cover possible infections with clean, dry bandages – Change frequently.
- Suspicious skin lesions should be reported to the coach or school nurse and be evaluated by a doctor.
- Prompt recognition and treatment can prevent severe infections and protects teammates from getting infected.
- Uniforms/practice clothing should be properly washed after use.



MRSA

- This document is included on the Health and Safety section of the Athletics webpage. You and your parent or guardian are required to review this documents:

- MCPS Staph Prevention Recommendations



IV. 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
  - Can be serious even if you've just been "dinged" or "had your bell rung"





A - Symptoms

- Headache or “pressure” in the 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



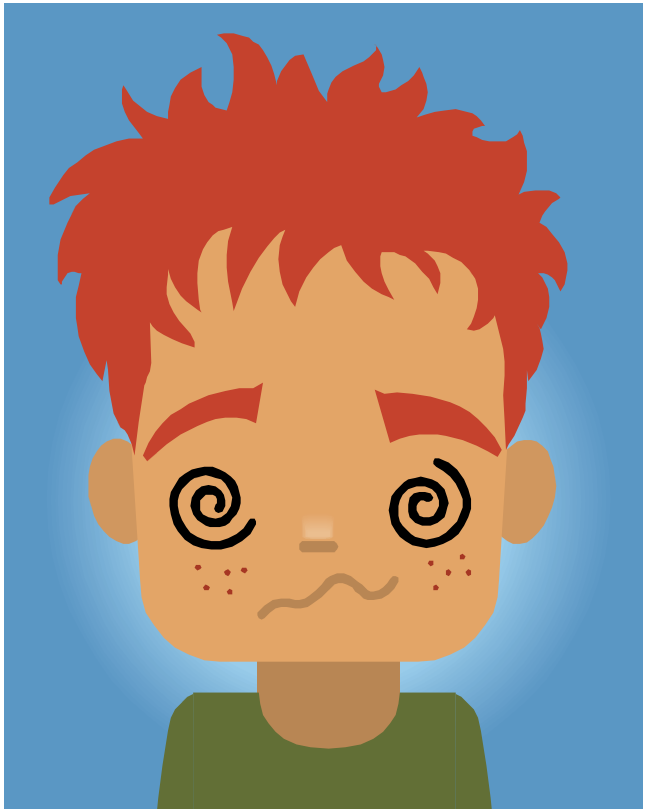
B - Student Actions for Suspected Concussions

- Athletes who think they might have a concussion should report this to their coach and parent immediately.
- Athletes who suspect that a teammate may have suffered a concussion should report this to the coach immediately.
- Remember - There is no such thing as a “minor” concussion.
- Athletes must make certain they are thoroughly healed before returning to play.



Concussions

- This slide include documents on the Health and Safety section of the Athletics webpage. You and a parent or guardian are required to review these documents:
- MCPS Guidelines and Procedures Regarding Concussions/Head Injuries
- MCPS Return to Play Form
- MCPS Concussion Quick Reference Card
- CDC Fact Sheet for Athletes (available in English and Spanish)
- CDC Fact Sheet for Parents (available in English and Spanish)





Take Aways



- Remember: athletes and a parent/guardian are required to review specific information regarding Health and Safety on the MCPS Athletics webpage.
- Athletes will verify they have reviewed this information by signing the MCPS Student-Parent Athletic Participation Contract.
- If athletes or parents cannot access the webpage, the coach or athletic director will supply the information.
- Athletes have a responsibility to exercise fundamental health and safety precautions.







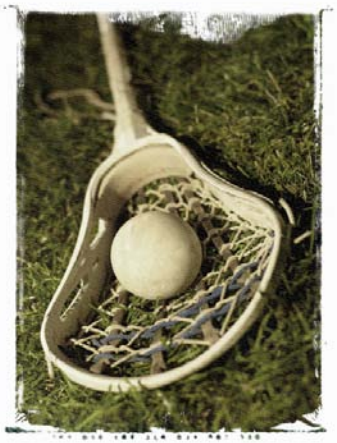


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