Cecil County Public Schools

Interscholastic Athletic Program

Guidelines Packet
for Students & Parents in Grades 6-12

2020-2021 School Year

In partnership with...

ATI
PHYSICAL THERAPY

UNION HOSPITAL

Cecil County Parks & Recreation
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# PARENT INFORMATION SECTION

<table>
<thead>
<tr>
<th>Packet Contents</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Participation Information</td>
<td>1-2</td>
</tr>
<tr>
<td>Insurance to Purchase Information</td>
<td>3</td>
</tr>
<tr>
<td>Sudden Cardiac Arrest Prevention Awareness Act Verification</td>
<td>4</td>
</tr>
<tr>
<td>Heads-Up Concussion Information for Athletes &amp; Parents</td>
<td>5-8</td>
</tr>
<tr>
<td>What you should know about COVID-19</td>
<td>9</td>
</tr>
<tr>
<td>Share facts about COVID-19</td>
<td>10</td>
</tr>
<tr>
<td>Multisystem Inflammatory Syndrome in Children (MIS-C)</td>
<td>11</td>
</tr>
<tr>
<td>Sportsmanship Expectations</td>
<td>12</td>
</tr>
</tbody>
</table>

Please keep this information for your reference.

This packet is used for **ALL** sports during the **2020-21** school year.
TO THE PARENT OR GUARDIAN:

It is the goal of the Cecil County Public Schools (CCPS) Interscholastic Athletic Program to provide a safe and supportive environment for all students. We believe athletes need to develop skills that will teach good sportsmanship, self-discipline, and relationship skills. Toward that end, coaches, students, and parents should be aware of school, county and state policies and procedures that support these goals. 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. CCPS will provide the supervision of practices, games, and travel.

Eligibility Requirements and Cecil County Public School Policies
The Cecil County Interscholastic Athletics Program is an integral part of the educational process. The athletic program eligibility rules, required for all students who wish to participate, support the academic function of the Cecil County Public Schools by encouraging all students to reach their academic as well as athletic potential.

Academic Eligibility:
All students must comply with the CCPS Board of Education Policies and Regulations listed online under Board of Education Board Docs (https://www.ccps.org/domain/12). They must also abide by MPSSAA (https://www.mpssaa.org/) and individual school athletic team rules.

Alcohol and Controlled Dangerous Substances:
Student-athletes are not to use tobacco, alcohol, or other drugs at any time. Any substantiated use/report of alcohol, tobacco, or drugs in or out of school will be handled in accordance with county policy.

Uniforms and Equipment:
The athlete and the parent/guardian are financially responsible for any and all athletic equipment issued to the participant if not returned to the school in good condition.
Your child would like to play sports! Now what?

Below are some general guidelines for participation.

_The following forms are found in the “Athletic Forms Packet.”_  
_Keep the packet all in one piece. Do not separate._

1. **Medical History Form**  
This form can be found on page 1 of the Athletic Forms Packet.  
This medical history section must be completed and signed _by the parent_ before a physical is completed.

2. **Athletic Physical Examination Form**  
This form can be found on page 2 in the Athletic Forms Packet.  
This form is to be completed _by your physician_. Students must have a physical examination by qualified medical personnel submitted on the CCPS Athletic Physical Form that is _dated after June 1, 2020_. This physical exam will be valid from June 2, 2020 to the end of the school year.

_Free physicals will be offered for student-athletes at Elkton High School located at 110 James Street in Elkton, MD_. Due to school closures, the date is still to be determined. Please check the CCPS Athletics website for date and time at [https://www.ccps.org/Page/205](https://www.ccps.org/Page/205). The information will also be shared on Facebook, Twitter, and via robocalls.

3. **Signature Form Sheets**  
This form can be found on pages 3-5 in the Athletic Forms Packet.  
Information on concussions, concussion testing, health insurance, and sudden cardiac arrest is provided in this booklet. This section must be signed by the parent confirming they have received and read the mandatory information, and any other school-related expectations.
STUDENT ACCIDENT INSURANCE FOR PURCHASE

A link to register for this insurance option is available at https://www.ccps.org/Page/201.

All students who participate in Interscholastic Athletics must have insurance coverage in effect on the first day of practice in order to participate in interscholastic athletics either through a family plan or the school sponsored plan. To avoid any possible confusion over insurance coverage, please be advised that the Board of Education of Cecil County does not provide accident or health insurance to students enrolled in our school system. Parents are responsible for seeing that their children are insured for adequate and necessary coverage. If your student does not have health insurance, reasonably priced policies may be purchased through an independent carrier provided by the school system.

The Board of Education does sponsor a program for the purchase of student accident insurance. The program is administered by K & K Insurance. The plan offers two levels of coverage and both include dental.

Below is a list of the current rates (19-20) for Interscholastic Insurance. These rates are regulated by and subject to change by K&K Insurance Company. All questions regarding coverage should be directed to the insurance company representative, Cheryl Norris, at 800-637-4757. The website address is: http://www.kandkinsurance.com/sites/K12Voluntary/Pages/Home.aspx.

24 Hour Coverage:
Provides coverage for injuries sustained all year long; 24-hours a day until one year after the date the school year begins. High school football is NOT included in this option.

<table>
<thead>
<tr>
<th>Levels of Coverage</th>
<th>Low Options Rate</th>
<th>High Options Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Hour All Year</td>
<td>$82.00</td>
<td>$122.00</td>
</tr>
<tr>
<td>24 Hour Summer Only</td>
<td>$27.00</td>
<td>$38.00</td>
</tr>
</tbody>
</table>

At School Accident Coverage:
Provides coverage for injuries sustained at school or during sponsored activities until the end of the regular school term. High school football is NOT included in this option.

<table>
<thead>
<tr>
<th>Levels of Coverage</th>
<th>Low Options Rate</th>
<th>High Options Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>At School Coverage</td>
<td>$26.00</td>
<td>$35.00</td>
</tr>
</tbody>
</table>

HIGH SCHOOL FOOTBALL ONLY:
Provides coverage for injuries sustained while practicing or participating in Junior Varsity and Varsity Football. Football insurance must be purchased through the school plan if coverage is not provided through a family plan. This plan only covers the student for football. The coverage is not intended to replace other insurance. It should be considered as a supplement to other health and accident insurance coverage.

<table>
<thead>
<tr>
<th>Football Levels</th>
<th>Premium</th>
<th>Student Cost</th>
<th>CCPS Contribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Option Rate</td>
<td>$134.00</td>
<td>$67.00</td>
<td>$67.00</td>
</tr>
<tr>
<td>High Option Rate</td>
<td>$205.00</td>
<td>$102.50</td>
<td>$102.50</td>
</tr>
</tbody>
</table>

The Board of Education does not administer the program. If you wish to purchase the insurance for FOOTBALL, you must fill out the paper copy and take it to your child's school along with a check for half the amount of $99.50 (rate for 20-21 may change) made out to K & K Insurance.
What is sudden cardiac arrest?
Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn’t just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student’s SCA will likely result from an inherited condition, while an adult’s SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart’s electrical system, causing the heart to suddenly stop beating.

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

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?
There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

The act is intended to keep student-athletes safe while practicing or playing. The requirements of the act are:
• All student-athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
• Schools may also hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

Removal from play/return to play
A youth athlete who has been removed from play may not return to play until the youth athlete has obtained written clearance from a licensed health care provider.
A FACT SHEET FOR
High School Parents

This sheet has information to help protect your teens from concussion or other serious brain injury.

What Is a Concussion?
A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Teens Safe?
Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens’ chances of getting a concussion or other serious brain injury, you should:

• Help create a culture of safety for the team.
  o Work with their coach to teach ways to lower the chances of getting a concussion.
  o Emphasize the importance of reporting concussions and taking time to recover from one.
  o Ensure that they follow their coach’s rules for safety and the rules of the sport.
  o Tell your teens that you expect them to practice good sportsmanship at all times.
• When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no “concussion-proof” helmet. Even with a helmet, it is important for teens to avoid hits to the head.

How Can I Spot a Possible Concussion?
Teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents
• Appears dazed or stunned
• Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
• Moves clumsily
• Answers questions slowly
• Loses consciousness (even briefly)
• Shows mood, behavior, or personality changes
• Can’t recall events prior to or after a hit or fall

Symptoms Reported by Teens
• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness, or double or blurry vision
• Bothered by light or noise
• Feeling sluggish, hazy, foggy, or groggy
• Confusion, or concentration or memory problems
• Just not “feeling right,” or “feeling down”

Talk with your teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren’t serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that it’s better to miss one game than the whole season.

GOOD TEAMMATES KNOW:
IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
cdc.gov/HEADSUP
CONCUSSIONS AFFECT EACH TEEN DIFFERENTLY.

While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens’ healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a teen for a lifetime. It can even be fatal.

What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your teen’s healthcare provider for written instructions on helping your teen return to school. You can give the instructions to your teen’s school nurse and teacher(0) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen’s return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP

(CDC HEADS UP)
A FACT SHEET FOR
Middle School Athletes

WHAT IS A CONCUSSION?
A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

What Should I Do If I Think I Have a Concussion?

Report It.
Tell your coach and parent if you think you or one of your teammates may have a concussion. You won’t play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.

Get Checked Out by a Doctor.
If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other healthcare provider can tell whether you have a concussion and when it’s OK to return to school and play.

Give Your Brain Time to Heal.
Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
cdc.gov/HEADSUP

Revised July 2020
How Can I Tell If I Have a Concussion?
You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

- Get a headache
- Feel dizzy, sluggish, or foggy
- Are bothered by light or noise
- Have double or blurry vision
- Vomit or feel sick to your stomach
- Have trouble focusing or problems remembering
- Feel more emotional or “down”
- Feel confused
- Have problems with sleep

A concussion feels different to each person, so it’s important to tell your parents and doctor how you feel. You might notice concussion symptoms right away, but sometimes it takes hours or days until you notice that something isn’t right.

How Can I Help My Team?

Protect Your Brain.
All your teammates should avoid hits to the head and follow the rules for safe play to lower chances of getting a concussion.

Be a Team Player.
If one of your teammates has a concussion, tell them that they’re an important part of the team and they should take the time they need to get better.

To learn more, go to cdc.gov/HEADSUP
What you should know about COVID-19 to protect yourself and others

Know about COVID-19
- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Know how COVID-19 is spread
- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Protect yourself and others from COVID-19
- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Practice social distancing
- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick
- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

Know your risk for severe illness
- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

cdc.gov/coronavirus
Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

**FACT 1**
Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT 2**
For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT 3**
Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

**FACT 4**
There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT 5**
You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

cdc.gov/coronavirus

Revised July 2020
Multisystem Inflammatory Syndrome in Children (MIS-C)  
Updated May 20, 2020

MIS-C is a severe inflammatory syndrome where pediatric patients present with features similar to Kawasaki disease and toxic shock syndrome. The condition can cause problems with the heart and other organs and may result in hospitalization.

MIS-C appears to be rare and most children who get COVID-19 will not develop MIS-C, according to the Centers for Disease Control and Prevention (CDC). However, children with this syndrome may become seriously ill. If you have any concerns about your child’s health, please call your child’s doctor.

What are the symptoms of MIS-C?
Symptoms of MIS-C might include persistent fever (temperature of 100.4 degrees F or 38.0 degrees C or greater), a rash or changes in skin color, red eyes or conjunctivitis, red cracked lips or red, bumpy tongue that looks like a strawberry, swollen hands and feet, abdominal pain or swollen lymph nodes.

When should I get emergency care?
Call your child’s doctor and seek immediate care if your child has:
- Persistent fever for several days
- Difficulty feeding (infants) or is too sick to drink fluids
- Severe abdominal pain, diarrhea or vomiting
- Dehydration with decreased frequency of urination
- Change in skin color or appearance — becoming pale, patchy or blue, swelling
- Trouble breathing, breathing is painful or breathing very quickly
- Racing heart or chest pain
- Acting unusually sleepy, dizzy or confused

If your child is severely ill, go to the nearest emergency room or call 911 immediately.

Is MIS-C contagious?
MIS-C is not contagious, but it is possible that your child has COVID-19 or another infection that may be contagious.

Is there a treatment for MIS-C?
Children with MIS-C are being treated with therapeutic medications to support the body’s immune system and inflammatory response. Children may also receive medications to protect their heart, kidneys and other organs.

How can I prevent my child from getting MIS-C?
You should take steps to prevent your child from being exposed to COVID-19. Stay home when you can, practice social distancing and wear a mask if you must go out and wash hands frequently. Children with underlying medical conditions can be at higher risk for poor outcomes of COVID-19.

For more information about COVID-19 in Maryland, visit coronavirus.maryland.gov.
INTERScholastic Activities
Sportsmanship, Ethics and Integrity

Expectations of Coaches, Directors and Sponsors
- Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
- Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship and ethics the No. 1 priority.
- Respect judgment of contest officials, abide by rules of the event, and display no behavior that could incite fans.
- Treat opposing coaches, directors, participants, and fans with respect. Shake hands with officials and opposing coach in public.
- Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Expectations of Student Participants
- Live up to high standard of sportsmanship established by coach or director.
- Treat teammates with respect.
- Treat opponents with respect by shaking hands prior to and after contests.
- Respect judgment of contest officials, abide by rules of the contest, and display no behavior that could incite fans.
- Cooperate with officials, coaches or directors, and fellow participants to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.

Expectations of Parents, Students and Other Fans or Audience Members
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers.
- Respect fans, coaches, directors, and participants. BE A FAN … NOT A FANATIC.
- Encourage surrounding people to display only sportsmanlike conduct.
- Respect decisions made by contest officials.
- Realize that a ticket is a privilege to observe a contest and support high school activities.

Unacceptable Behavior
- Targeting of individual opposing players, coaches, fans, or officials
- Negative and derogatory chants, yelling, songs and/or gestures.
- Communication and interaction chants between spectators and event participants
- Signs, unless approved by school administration for special events
- Noisemakers are prohibited for all indoor events
- Noisemakers for outdoor events must be approved by school administration
- Charging the court upon completion of the event

Failure to comply with the above expectations may be required to meet with an administrator.

Finish First with Sportsmanship