PARENT INFORMATION PACKET

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Please keep this information for your reference.

This packet is used for ALL sports during the 2017-18 school year.
CECIL COUNTY PUBLIC SCHOOLS
INTERSCHOLASTIC ATHLETIC PARTICIPATION INFO

TO THE PARENT OR GUARDIAN:

It is the goal of the Cecil County Public Schools 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. The supervision of practices, games and travel will be provided by CCPS and the school.

General Guidelines for Participation

Students must:

- have a physical examination by qualified medical personnel submitted on the CCPS physical form that is dated after June 1, 2017. This physical exam will be valid from June 2, 2017 to the end of the school year.

- provide proof of medical insurance covering the sport in which the student wishes to participate.

- know that 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.

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 at www.ccps.org, as well as school, athletic, and team rules at each high school.

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 school or out of school will be handled in accordance with county policy.
STUDENT ACCIDENT INSURANCE FOR PURCHASE

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 (16-17) 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 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>$ 25.00</td>
<td>$ 34.00</td>
</tr>
</tbody>
</table>

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 17-18 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.
CONCUSSION IMPACT OPEN LETTER TO PARENTS
for students participating in interscholastic athletics

Dear Parent,

The purpose of this letter is to inform you about the local Concussion Management Program (CMP) offered by Cecil County Sports Medicine Association (CCSMA) with the support of Union Hospital. The CMP is run by CCSMA physicians who have completed additional training in concussion management. The CCSMA is a Cecil County based multi-disciplinary medical group with special expertise in Sports Medicine and the management of injured athletes.

The primary elements of the CCSMA-CMP are as follows:

1. Baseline neurocognitive testing will be made available to field hockey, football, soccer, basketball, wrestling, cheerleading, baseball, softball, and lacrosse players via computer testing utilizing the IMPACT test.
2. With support from Union Hospital of Cecil County, ATI Physical Therapy, and CCPS all baseline testing during the school year will be administered free of charge.
3. Baseline testing will be performed on Cecil County Public Schools (CCPS) computers under the supervision of the school's Athletic Trainers. CCPS will only access upon a doctor's request.
4. The results of baseline and all subsequent test results will be available to the CCSMA who will review the testing data and utilize it solely for the purpose of concussion management for student athletes of CCPS. Parents of student athletes who participate in the CMP may obtain the test results through the school's Athletic Trainer. The tests will be maintained and managed through CCSMA and Union Hospital.
5. Any and all evaluation, treatment or other medical care relating to the CMP is offered through CCSMA. Student-athletes are free to obtain their care from any provider in or outside of CCSMA. Subsequent medical care and costs will be the sole responsibility of the student-athlete. The neurocognitive testing (IMPACT) will be made available to the health care provider on request and with appropriate consent from the student-athlete. Families of injured athletes may use this CCSMS-CMP network or any provider of their choice to obtain medical clearance for return to sports participation after injury including completing the approved 5-Day Return-to-Play Protocol.
6. Your school's Athletic Trainer can help guide you through the process of obtaining care after a head injury and assisting with the Return-to-Play Guidelines. They will have the information and access to healthcare providers who can care for your student-athlete. The Union Hospital Medical Staff Office can also help you with questions and guide you to appropriate resources.
7. CCSMA providers have pledged to make their offices immediately available (an appointment w/in 1-2 days) for any injured student-athlete of CCPS.
8. Cecil County Public Schools (CCPS) is not providing medical coverage or reimbursement for any testing assessment, follow-up, or rehabilitation beyond the initial pre-concussion baseline screening test.

If you do not wish for your child to undergo the test please contact your school’s athletic director.

Best Wishes,

Joseph P. Harbert
Program Coordinator for Health, Physical Education and High School Athletics
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.

<table>
<thead>
<tr>
<th>Signs Observed by Parents or Guardians</th>
<th>Symptoms Reported by Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appears dazed or stunned</td>
<td>Headache or “pressure” in head</td>
</tr>
<tr>
<td>Is confused about assignment or position</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Forgets an instruction</td>
<td>Balance problems or dizziness</td>
</tr>
<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Double or blurry vision</td>
</tr>
<tr>
<td>Moves clumsily</td>
<td>Sensitivity to light or noise</td>
</tr>
<tr>
<td>Answers questions slowly</td>
<td>Feeling sluggish, haze, foggy, or groggy</td>
</tr>
<tr>
<td>Loses consciousness (even briefly)</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Shows mood, behavior, or personality changes</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can’t recall events prior to hit or fall</td>
<td>Just not “feeling right” or is “feeling down”</td>
</tr>
<tr>
<td>Can’t recall events after hit or fall</td>
<td></td>
</tr>
</tbody>
</table>

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.

- OVER -

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

June 2010

Revised April 2017 (green copies)
HEADS UP
CONCUSSION IN HIGH SCHOOL SPORTS

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.

June 2010

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTER FOR DISEASE CONTROL AND PREVENTION

CDC

Revised April 2017 (green copies)
SPORTSMANSHIP, ETHICS AND INTEGRITY
IN HIGH SCHOOL ACTIVITIES

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 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

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Any Questions, contact your local school, coach, or the athletic director.

Joseph Harbert, Program Coordinator of High School Athletics
Cecil County Public Schools
201 Booth Street Elkton, MD 21921
(410) 996-5496 Office  jpharbert@ccps.org

Athletic Directors:

Bruce Kline, Bohemia Manor High
2755 Augustine Herman Hwy
Chesapeake City, MD  21915
410-885-2075  bkline@ccps.org

Amy Sexton, Elkton High
110 James Street
Elkton, MD  21921
410-996-5000  alsexton@ccps.org

Gary Brown, North East High
300 Irishtown Road
North East, MD  21901
410-996-6200  gabrown@ccps.org

George Rash, Perryville High
1696 Perryville Road
Perryville, MD  21903
410-996-6000  grash@ccps.org

Ryan Crouse, Rising Sun High
100 Tiger Drive
North East, MD  21901
410-658-9115  rdcrouse@ccps.org