



STUDENT-ATHLETE PRESEASON HEALTH AND SAFETY PRESENTATION



INTRODUCTION & PURPOSE

There are tremendous benefits associated with being a student-athlete. Student-athletes learn important things, lessons that cannot be learned in a classroom; but these potential benefits are wiped out if students are not aware of some basic, fundamental health and safety guidelines.

The purpose of this presentation is to:

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

IMPORTANT INFORMATION

- Student-athletes and their parent/guardians are required to review some of that information as a condition of participation.
- Students who cannot access the Poughkeepsie Athletics web page should see their coach or Athletic Director for the information.



COVID-19 INFORMATION

In order to participate in the fall season, students must bring the following to all team activities:

- ✓ Mask
- ✓ Towel
- ✓ Hand Sanitizer
- ✓ Water Bottle
 - Name clearly labeled on the bottle
 - Recommended to bring a gallon of water
 - Hydration stations are available
- ✓ **At all times, students should refrain from touching their face and washing and sanitizing hands after equipment and restroom use,**

COVID-19 INFORMATION

Students experiencing symptoms associated with COVID-19, should not report to campus for any activity session.

If at any given time (either home or on-campus) you experience the following symptoms associated with COVID-19, please alert your coach immediately.

Fever or chill	Cough	Shortness of breath or difficulty breathing
Fatigue	Muscle or body aches	Headache
Headache	Sore throat	Congestion or runny nose
Nausea or vomiting	Diarrhea	Loss of smell or taste

COVID-19 INFORMATION

Face Masks – Safe Practices

The NATA recommends that any participants wearing a face mask cover should:

- Be aware that a face mask may increase CO₂ retention
- Be aware of increased concerns of heat illness
- Be disinfected daily by the user
- Take additional water and rest breaks
- Find social distancing areas of six or more feet from other participants during recovery

COVID-19 INFORMATION

MIS-C is a severe inflammatory syndrome that can cause problems with the heart and other organs and may result in hospitalization.

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 a red, bumpy tongue that looks like a strawberry, swollen hands and feet, abdominal pain or swollen lymph nodes.

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).

For more information on COVID-19 please refer to the CDC website.



COVID-19 INFORMATION

COVID-19 Safety Protocols

In order to ensure the safety of all coaches and teammates, let's do the following:

- ✓ Bring required materials (mask, sanitizer, water bottle, towel) to your assigned pod
- ✓ **Maintain a minimum of 6 feet between teammates, to the extent possible**
- ✓ Properly clean and sanitize equipment after each use .
- ✓ **Refrain from handshakes, fist bumps, and team huddles; instead, give a thumbs up**
- ✓ Keep saliva in your mouth

PROMOTING A POSITIVE CULTURE

Student-Athletes assist with promoting a positive culture by:

- Exhibiting behaviors consistent with the expectations outlined in the Poughkeepsie Athletics Student-Athlete Handbook
- Entering and exiting all school facilities under the direct supervision of a coach or other designated, certified staff member
- Accessing the locker rooms and team rooms during the designated time and under the direct supervision of a coach or other designated, certified staff member
- Reporting to the designated supervision area, if remaining in the building after school prior to late practice and/or athletic contests
- Communicating the designated practice location, drop-off and pick-up times with parents/guardians

BULLYING, HARASSMENT & HAZING

- Abuse of any kind – verbal, mental, emotional, physical – will not be tolerated in any form across MCPS athletics and our school district.
- Students engaging in such activities are not welcome in our program.
- Coaches and student-athletes are expected to promote a positive culture and immediately report any instances of abuse, bullying, hazing, and/or harassment.



BULLYING, HARASSMENT & HAZING

WHAT IS HAZING?

A reckless or intentional act or creation of a situation “that subjects a student to the risk of serious bodily injury for the purpose of initiation into a student organization.”

WHAT ARE EXAMPLES OF HAZING BEHAVIOR?

- Common hazing practices include humiliation, isolation, sleep deprivation, alcohol/binge drinking and sexual acts. Additional hazing rituals, that may lead to traumatic injuries include beating, branding, consuming nonfood substances and simulated drowning.

WHAT IS BULLYING?

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

HOW IS BULLYING RELATED TO HAZING?

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

BULLYING, HARASSMENT & HAZING

WHAT ARE THE CONSEQUENCES OF HAZING?

- Hazing may result in immediate dismissal from the team and team sanctions, including the forfeiture of contest(s)
- Hazing will result in the full range of disciplinary action per the *PCSD Student Code of Conduct*
- Hazing is prohibited and considered a misdemeanor that is punishable by imprisonment and/or a fine

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

IDENTIFYING HAZING

If you're not sure whether or not something happening to you or to someone else is hazing, ask yourself these questions:

- Would I feel comfortable participating in this activity if my parents or other adults were watching?
- Would we get in trouble if a school administrator walked by and saw us?
- Am I being asked to keep these activities a secret?
- Am I doing anything illegal?
- Does participation in this activity violate my values or those of this organization?
- Is this causing emotional or physical distress or stress to myself or to others?
- Am I going to be able to get a job if I have to put a criminal arrest

PROMOTING COHESION

Teams are encouraged to:

- Establish Team Core Values
- Create a Season Theme
- Implement a Team Mentorship Program
- Plan Team Building Activities (team meals, problem solving, communication, trust, etc.)
- Conduct a Team Community Service Project
- Engage in a Study Buddy program
- Develop a Communication Framework to Discuss Team Concerns

• TEAM CAPTAINS/LEADERS ARE REQUIRED TO ATTEND THE ONLINE NFHS LEADERSHIP COURSE

SPORTSMANSHIP

Officials and PCSD administrators rate teams on their ability to exemplify sportsmanship. When competing keep the following in mind:

- **Focus** attention on positive aspects of competition
 - **Support** school personnel in conducting a spirited and safe environment
 - **Maintain** composure when breaks seem to go against your team
 - **Report** any negative or discriminatory comments to school personnel – **See something, say something!**
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- **AT THE END OF A GAME, YOUR COACH WILL INSTRUCT YOU TO STAND TOGETHER AND WAIVE AND THANK THE SPECTATORS FOR WATCHING**

CONCUSSIONS



A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games
- Can happen even if you have not been knocked out

CONCUSSION SYMPTOMS:

- Headache or “pressure” in the head
- Feeling sluggish, hazy, or foggy
- Nausea or vomiting
- Difficulty paying attention
- Balance problems or dizziness
- Memory problems



CONCUSSIONS – WHAT SHOULD YOU DO?

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



II. HYDRATION & WEATHER



- Heat acclimatization means gradually preparing one's body to adjust to practicing in the heat.
- Hydration includes drinking fluids. Simply put, when you sweat, you lose fluids. Your body must replace those fluids
- Maintaining a proper level of hydration is important from a health and performance perspective.
- When you are not properly hydrated, you are weaker and slower. More importantly, dehydration can lead to heat stroke.



AM I HYDRATED?

Urine Color Chart

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

*The volume and color of your urine is a simple way of seeing if you're well hydrated.

HYDRATION & WEATHER – WHAT SHOULD YOU DO?

Drink more water!

The National Athletic Trainer Association recommends:

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

Every student-athlete should take measures to make sure they are safe, some things that you can monitor include:

- **Clothing and equipment** – lightweight, light color
- **Hydration** – drink before, during, and after workouts. Avoid caffeinated beverages (i.e. soda, coffee, energy drinks).
- **Diet** – maintain a healthy, well-rounded diet
- **Fitness** – maintain an exercise regimen in the offseason
- **Acclimatization to heat conditions** – gradually prepare for hot conditions
- **Monitoring medications** – some medications promote dehydration

SUDDEN CARDIAC ARREST

Sudden Cardiac Arrest is rare but fatal. The heart suddenly unexpectedly stops. It can happen to a student-athlete or coach. It is important for everyone to know protocol.

1. Know where an AED is in your



2. Understand Signs and Symptoms:

- Fainting or frequent dizziness
- Chest pain
- Shortness of breath
- Unusual tiredness
- Family history

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



Note: These signs can mean many things, but it is important that you

EPIPEN & INHALER

Student-athletes need to indicate to their coaches if they use an EpiPen or an inhaler. Come up with a Plan:



Do you have your own?
Where are you going to keep it?
Does the coach know?



POINTS of KNOWLEDGE

- Athletes have a responsibility to themselves and their teammates to exercise fundamental health and safety precautions
- **Fundamental health and safety habits keep everyone safe and playing**
- PCSD student-athletes and a parent/guardian are required to review specific information regarding Health and Safety on the PCSD Athletics web page
- **Athletes and parent/guardians will verify they have reviewed this information during the registration process for athletics**

ACADEMICS

- Each Student-Athlete must be in good academic standing by September 30, 2021
- Ms. Martino is the student-athlete faculty advisor