



Guide For Student Athletes And Parents

General Standards and Forms for Participation in Interscholastic Athletics

SPECIAL NOTE: In order to properly reflect the current state of high school athletics in AACPS as a result of the COVID-19 Pandemic, this document is subject to change throughout the school year as needed.

The Purpose of this Guide

This Athletic Guide is designed to be useful to student athletes and parents. The intent is to condense that information which is necessary to effectively understand and participate in the athletic program in Anne Arundel County. Athletic participation is a privilege, not a right.

The guide includes a collection of information pertaining to state and county procedures and regulations.

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

For complete guidelines and policy information view the state and county handbooks at <https://www.aacps.org/athletics>

The items described below are highlights from the Anne Arundel County Public Schools Athletic Handbook. Please refer to the handbook for a complete description of all guidelines, regulations, and policies that govern the athletic program.

I. General Standards for Eligibility

1. Enrollment

Students shall be officially registered 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.

2. Age

Students who are 19 years old or older as of August 31 are ineligible to participate in interscholastic athletics.

3. Physical Examination

A student shall be examined and certified to the high school principal as being physically fit to participate in any tryout, practice, or contest of a school team. The examination shall be performed by a qualified physician, certified physician assistant under the supervision of a licensed physician or a certified nurse practitioner. A new pre-participation physical evaluation form must be submitted each school year of participation. Physician's clearance must be dated as of June 1st for the subsequent year of participation (valid through the last playable spring season event.)

4. 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 during 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 insurance protection. Parents and/or guardians of athletes should anticipate the distinct possibility of incurring medical expenses for injuries related to participation in sports that will not be covered by insurance.

II. Scholastic Eligibility Code

SPECIAL NOTE for the fall 2020 season only: All students who are officially registered and attending their high school are eligible to participate in fall sport try-outs. There will be no GPA requirement for the fall season. The guidelines and procedures outlined below will commence as of the release of 1st marking period reports cards.

1. Academic Eligibility

To be eligible to participate in interscholastic athletics or extracurricular activities, grades 9 through 12, a student must maintain a "C" average (2.0 grade point average or greater) as determined by existing county grading procedures in all courses taken in a given eligibility period. A student may earn a maximum of one "E," "I," or "U" grade in courses taken during that eligibility period.

2. Academic Eligibility Period

Academic eligibility period means the period of time during which a student may participate in interscholastic athletics and extracurricular activities. Academic eligibility periods are determined by the date of issuance of report cards reflecting grades earned during each marking period.

3. Academic Probation

Academic probation is the consequence that occurs when a student fails to maintain academic eligibility standards. Academic probation period is the period of time during which a student may participate in interscholastic athletic practices but will not participate in interscholastic athletic contests. The academic probation periods for each season will align with MPSSAA and AACPS Athletic calendars and be standard across all high schools.

Note: There are no "mid-season" academic probation opportunities. If a student is declared academically ineligible during the season, that student is removed from the team.

A high school student on academic probation:

- must attend academic assistance sessions monitored by the athletic academic advisor.
- may only participate in interscholastic athletic practices.
- must attend a conference with the academic advisor to review their eligibility status on the 16th day of probation.

4. Failure to meet the Standard of Eligibility

- Students who are still not academically eligible at the conclusion of the 16th day of the academic probation period are ineligible to practice or play for the remainder of that sport season. Academic probation can not be extended.
- Any student who fails to meet the standards of eligibility at the end of the school year may attend summer school and remove the deficiencies. Fall eligibility will be computed by using the eight highest grades from the fourth marking period and summer school.

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III. Attendance

1. Each student-athlete is required to be on time and attend all scheduled classes in their entirety.
2. In the case of extenuating circumstances, the principal of the school may grant an exception for excused class absences.
3. Class Cutting is defined as unlawful absence from a class or school activity. As a result of administration verification of class cutting for any part of the school day, the student-athlete will be ineligible to compete in the next event. Once a student-athlete is given a warning for a first offense, administration verification of a second offense of class cutting during the same sports season will result in the removal of that student-athlete from the team for the remainder of the sport season.

IV. Squad Membership

1. The coach of each sport is responsible for the determination of squad membership. An athlete's playing time and position will be determined solely by the coaching staff.
2. Student athletes are subject to all rules beginning on the first day of try-outs at the start date of the specific sport season.
3. Once an athlete begins the try-out process for a sport at any Anne Arundel County Public School that athlete becomes ineligible to participate in that sport at another Anne Arundel County Public School for the remainder of the season. Families seeking an exemption to this guideline must submit the Intercounty In-Season Transfer Request Form to the Coordinator of Athletics at Anne Arundel County Public Schools BOE (2644 Riva Rd, Annapolis, MD 21401). The Coordinator of Athletics will initiate a process that will include, but is not limited to, a review of prior discipline, attendance and financial obligations at the current school.

V. Practice

Starting Dates for Practice (all subject to change)

- Fall sports—Wednesday, August 12, 2020
- Winter sports—Saturday, November 14, 2020
- Spring sports—Monday, March 1, 2021

Notification to Student Athletes & Parents

Students may be required to practice or compete off campus. Contact specific sport coaches at your school for additional information.

VI. Conduct of Student Athletes

1. Any conduct deemed detrimental to the student athlete, team and/or overall good of the school system, anytime, on and off campus, can result in penalties ranging from verbal reprimand to dismissal from the team as determined by the head coach from the team as determined by the head coach, in consultation with administration before rendering penalties.
2. Hazing is not permitted. Hazing is defined as an act which creates harm and is affiliated with initiation to a team. Hazing may involve an act committed against a student or a situation in which a student is coerced into committing an act.

Concussion Awareness

What is a concussion?

A concussion is a type of traumatic brain injury causing an immediate and, usually, short-lived change in mental status or an alteration of normal consciousness resulting from a bump, blow, jolt, shaking, or spinning of the head and body.

Warning signs of a concussion

— For Immediate Attention, Call 911

Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

What Should You Do If You Think a Concussion Has Occurred?

1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

2. Keep your child out of play until medically cleared.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's okay. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Inform all coaches about any recent concussions.

Coaches should know if your child has a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

4. Helping your child return to school safely after a concussion. As your child's symptoms decrease, the extra help or support can be removed gradually.

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Sudden Cardiac Arrest Awareness

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating.

Sudden Cardiac Arrest:

- Occurs suddenly and often without warning
- Is a malfunction in the heart's electrical system
- Causes the person to lose consciousness (passes out) and have no pulse
- May cause death within minutes if not treated immediately

Warning signs of Sudden Cardiac Arrest

– For Immediate Attention, Call 911

Although SCA happens unexpectedly, some people may have signs and symptoms, such as:

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Dizziness
- Extreme fatigue
- Chest pains
- Racing heart

Any of these symptoms/warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or game

Treatment for Sudden Cardiac Arrest

1. Call 911
2. Begin C.P.R.
3. Use an Automated External Defibrillator (A.E.D)

Removal from play/Return to play

Any student-athlete who shows signs and symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professional.

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, oxygenated blood stops flowing 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.**

COVID-19 Awareness

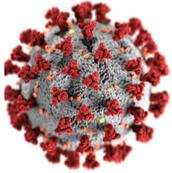
Please carefully read the following:

1. What you should know about COVID-19 to protect yourself and others from the CDC
2. Share facts about COVID-19 from the CDC
3. Multisystem Inflammatory Syndrome in Children (MIS-C) from MD State Health Dept.
4. COVID-19 Frequently Asked Questions from the MD State Health Dept.

By signing the acknowledgements at the end of this form student-athletes and parents are agreeing to the following:

- I will not send my child to extracurricular athletic and activities if they are exhibiting any signs/symptoms of COVID 19 or have been exposed to someone with COVID 19 (or presumed to have COVID 19) in the past 14 days.
- I will review symptoms with my child and monitor my child's symptoms every day that my child attends in-person activities/events.
- If my child becomes ill during any in-person activity/event, I will ensure they are picked up promptly. I will follow-up with an authorized health care provider/health department and comply with recommended quarantine or isolation as directed. If my child is ill, I understand that a release to return to in-person activity from an authorized health care provider will be required.
- Students must be free of fever without the use of fever reducing medications.
- The signs and symptoms of COVID-19 include: fever (100.4°F or greater) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, and/or nausea or vomiting, diarrhea.

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.



Share facts about COVID-19

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

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

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.





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.



Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions

Updated June 25, 2020

Under Governor Larry Hogan’s direction, state agencies continue to develop comprehensive and coordinated prevention and response plans for coronavirus disease 2019 (COVID-19).

The Maryland Department of Health (MDH) will communicate directly with the public, providing updates as this situation develops and accurate information about how to protect yourself and your family.

If you have questions about COVID-19 that are not answered here, call your local health department or dial 2-1-1.

What is COVID-19?

COVID-19 is a disease caused by a respiratory virus first identified in Wuhan, Hubei Province, China in December 2019. COVID-19 a new virus that hasn’t caused illness in humans before. Worldwide, COVID-19 has resulted in thousands of human infections, causing illness and in some cases death. Cases have spread throughout the world, with more cases reported daily.

What is the current COVID-19 situation in Maryland?

Up-to-date information about testing and case counts in Maryland is available at coronavirus.maryland.gov. The page is updated daily.

On May 13, Governor Larry Hogan announced the beginning of Stage One of the ‘[Maryland Strong: Roadmap to Recovery](#),’ which includes moving from a Stay at Home order to a Safer at Home public health advisory and the gradual reopening of retail, manufacturing, houses of worship, and some personal services.

On June 5, Maryland moved into Stage Two of recovery with the safe and gradual reopening of workplaces and non-essential businesses. Additional reopenings through Stage Two were announced on June 10, which allowed indoor dining and outdoor amusements to resume on June 12.

Indoor fitness and gyms, casinos, arcades, and malls reopened, and certain school and child care activities resumed on June 19. Read the order at <https://governor.maryland.gov/wp-content/uploads/2020/06/Gatherings-NINTH-AMENDED-6.10.20.pdf>.

As with Stage One, Stage Two is being implemented with a flexible, community-based approach that empowers each jurisdiction to make decisions about the timing of reopening. For the reopening status of Maryland's jurisdictions, please visit <https://governor.maryland.gov/recovery/>

Older adults and those people with underlying health conditions, who are vulnerable to serious illness from COVID-19, are strongly advised to continue staying home as much as possible. Employers should continue to encourage telework for their employees when possible and people who can work from home should continue to do so. All Marylanders should continue wearing masks in indoor public areas, retail stores, and on public transportation.

Information about the Hogan administration's ongoing response to COVID-19 is available at <https://governor.maryland.gov/coronavirus/>.

What are risk factors for serious illness from COVID-19?

Everyone is at risk for COVID-19. However, symptoms can range from mild to severe and may have different complications for each person.

Older people, age 60 and above, and those with pre-existing medical conditions have a higher risk for serious illness from COVID-19. Examples of pre-existing medical conditions include: cancer, diabetes, heart disease or other conditions impacting the immune system's ability to fight germs.

While older people and those with pre-existing conditions are at a higher risk, current MDH data shows that the majority of infections are in adults under 60 years of age. People of all ages need to practice social distancing to prevent the spread of COVID-19.

How does COVID-19 spread?

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs, sneezes or talks
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs
- Some people without symptoms may be able to spread the virus

The best way to prevent illness is to avoid being exposed to COVID-19.

What are the symptoms of COVID-19?

Symptoms, or combinations of symptoms, that may appear 2-14 days after exposure include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Fatigue

- Muscle pain
- Sore throat
- Congestion or runny nose
- New loss of taste or smell
- In more severe cases, pneumonia (infection in the lungs)

Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting or diarrhea.

What should I do if I think I am sick with COVID-19?

If you become sick with fever, cough or have difficulty breathing, contact your health care provider, especially if you are over 60 years of age or have pre-existing medical conditions. If you do not have a health care provider, contact your local health department. Follow these steps:

- Call your health care provider, local health department or emergency room before you go
- Tell them about your symptoms, any recent travel and close contacts (such as people in your household)
- Wear a mask

If someone has COVID-19, what will happen to them?

The vast majority of people recover from this infection. Most people will have mild or moderate symptoms. Most people may be advised to recover at home and isolate themselves from others. These individuals should call their physicians or health care practitioners if their symptoms get worse.

Some COVID-19 infections can lead to serious illness, and in some cases death. If someone has a more serious illness from COVID-19, they may be admitted to the hospital.

Should I wear a face mask?

On April 15, Gov. Hogan issued an executive order directing that effective April 18, all Marylanders are required to wear face coverings when inside retail establishments or when riding any form of public transportation in the state. Read the executive order at

<https://governor.maryland.gov/wp-content/uploads/2020/04/Masks-and-Physical-Distancing-4.15.20.pdf>

Cloth face coverings can be made from household items and include wearing a scarf or bandanna that covers the nose and mouth. The CDC has detailed guidance and instructions regarding homemade cloth face coverings available at

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. People with disabilities who are unable to wear a mask are provided reasonable

accommodations per the Americans with Disabilities Act.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should I cancel plans to travel?

The Centers for Disease Control and Prevention (CDC) is updating travel advisories as warranted.

CDC does not generally issue advisories or restrictions for travel within the United States. However, cases of coronavirus disease (COVID-19) have been reported in all states, and some areas are experiencing community spread of the disease.

Visit the CDC travel advisory page on domestic travel:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

At this time, the CDC recommends that travelers avoid all nonessential international travel. If you must travel:

- Avoid contact with sick people.
- Wear a cloth face covering in public.
- Avoid touching your eyes, nose, or mouth.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Avoid close contact with others.
- Avoid traveling if you are sick.

People who are at increased risk for serious illness are also advised to avoid nonessential air travel.

CDC recommends travelers [defer all cruise ship travel worldwide](#).

Visit the CDC travel advisory site to check on current travel warnings if you are planning a trip abroad: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

What can I do to protect myself and others?

Take everyday preventive steps to slow the spread of COVID-19:

- Wash your hands often with soap and warm water for at least 20 seconds
- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available
- Cover your coughs and sneezes with a tissue, your sleeve or your elbow
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices

- Practice social distancing — keep distance between yourself and others and avoid crowds
- Cover your mouth and nose with a cloth face cover when around others
- Avoid close contact with people who are sick
- If you are sick, stay home, except when seeking medical care

What is social distancing?

The best way to slow the spread of COVID-19 is through “social distancing,” which means avoiding close contact with others. Social distancing can take many forms, depending on your lifestyle and your family or living situation. Social distancing can include the following habits and steps:

- Avoid handshaking, hugging and other intimate types of greeting
- Avoid non-essential travel (your health care provider may have specific guidance for your situation)
- Avoid crowds, especially in poorly ventilated spaces
- Work from home if possible for your work situation
- Avoid unnecessary errands — consider ways to have essential items, like food and other household supplies, brought to you through delivery services or through family or social networks

It is recommended that those at a high risk of becoming seriously ill from COVID-19 stay home as much as possible and contact their health care provider.

While social distancing and self-quarantine are needed to limit and control the spread of the disease, social connectedness is important. Virtual resources can and should be used during this time. Talk to your friends and family on the phone or over video to stay connected.

Is there a vaccine or medicine I can get for COVID-19?

Not yet, because COVID-19 is a new disease. However, many experts are at work developing one. As with any new vaccine, it must be tested to make certain it is safe and effective. It may take more than a year for a COVID-19 vaccine to become readily available.

There is also no specific medicine currently available to cure COVID-19. However, people who have COVID-19 should seek medical care to help lessen the severity of their symptoms.

How can I be more prepared for COVID-19?

- Have an adequate supply of nonprescriptive drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines
- Check your regular prescription drugs to make sure you have an adequate supply; refill your prescriptions if needed
- Have a thermometer, tissues and hand sanitizer in case you become ill and must stay at home to recover
- Talk with family members and loved ones about how they would be cared for if they got sick and what will be needed to care for them at home
- Have a two-week supply of water and food available at home

Can I get tested for COVID-19?

State officials encourage anyone who wants to be tested for COVID-19 to get tested, including [people who do not have symptoms](#).

For more information about COVID-19 testing and a list of testing sites in Maryland, please visit <https://coronavirus.maryland.gov/pages/symptoms-testing>.

Will the Maryland Department of Health test animals for coronavirus?

In accordance with current federal guidelines, the Maryland Department of Health will not be testing the general companion animal population. To date, there is no evidence that domestic animals, including pets, can spread the SARS-CoV-2 (COVID-19) virus. Because the situation is ever-evolving, public and animal health officials may decide to test certain animals out of an abundance of caution. The decision to test will be made collaboratively between local, state and/or federal public and animal health officials.

For more information, please visit the AVMA COVID-19 website at <https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>.

Is there anything else I should know?

Do not stigmatize people of any specific ethnicities or racial background. Viruses do not target people from specific populations, ethnicities or racial backgrounds.

Stay informed and seek information from reliable, official sources. Be wary of myths, rumors and misinformation circulating online and elsewhere. Health information shared through social media is frequently inaccurate, unless coming from an official, reliable source such as the CDC, MDH or local health departments.

Are there additional resources available for specific groups, such as businesses?

The CDC provides current information about COVID-19 at [cdc.gov](https://www.cdc.gov).

Businesses

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

Pregnant Women, those who are breastfeeding, and children

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women.html>

Travelers

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

Weekly Updates

To receive the weekly email about COVID-19, enter your email address and type "COVID-19" in the search box at this URL:

https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_2067



Authorization for Participation in Scholastic Athletics

School Year **2020-2021**

As parents or legal guardians of _____
(Printed 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.

In consideration of the acceptance of our child by the Anne Arundel County Public Schools in its athletic program, we agree to release and hold harmless the Board of Education of Anne Arundel County, its members, the Superintendent of Schools, the Principal, all coaches, and assistant coaches, and any and all other of their agents, servants, and/or employees and agree to indemnify each of them, from any and all claims, costs, suits, actions, judgments, and expenses, arising from our child's participation in interscholastic athletics and sports.

We hereby give our consent and authorize the Board of Education of Anne Arundel 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 agree to provide proof of insurance coverage of our child against accidents and injuries in school sponsored games, and practice sessions, and during travel to and from athletic contests.

Students who have made a decision to take part in the athletic program will be required to practice and participate in scheduled contests after school 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 Anne Arundel County Public Schools as approved by the County Board of Education and the State Department of Education.

Every student trying out for, or participating on, an inter-scholastic team must be insured 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 student accident insurance.

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 Pupil Services, the student in question is subject to disciplinary action which could result in 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 the Anne Arundel County Public Schools and cannot participate in athletics. The athlete's team and school will be penalized for failure to comply with MPSSAA regulations.

Printed Name of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Date

(cut along dashed line and return to school)

**Application to Participate in Athletics**School Year **2020-2021**

Failure to fully complete this application (including all signatures) and submit it to the coach or athletic director will result in exclusion from participation in the interscholastic athletic program of Anne Arundel County Public Schools.

1. Sports—Check the sport(s) you are trying out for this year (circle gender where applicable)

Fall Cheerleading Cross Country Field Hockey Football Golf Soccer Unified Tennis Volleyball

Winter Basketball (Boys | Girls) Cheerleading Indoor Track Swimming Unified Bowling Wrestling

Spring Baseball Lacrosse (Boys | Girls) Softball Tennis Track and Field Unified Bocce

2. Student Information

Name	Grade	Age	Birth Date
Street Address		Home Telephone Number	
City, State, ZIP Code		Emergency Telephone Number	
Parent/Legal Guardian Name(s)		Parent/Family Email	

3. Residency—If residency changes during the sport season, parents must notify the athletic director immediately and update this form.

Name of High School	Community of Development of Residence
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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 Pupil Services of Anne Arundel County Public Schools.

4. Insurance—Your form will be returned if this section is not complete.

Does your son/daughter/ward, have insurance? Yes No

Insurance Provider	Policy Number
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Do you wish to purchase school insurance? Yes No If 'Yes,' you must provide proof of school insurance to the Athletic Director.

5. Sports History (grades 9-12 only)

Year	School Attended	Grade	Sports Played
Example: 2014-15	Pulford High School	9	Basketball (V), Track (JV)

6. Acknowledgement/Signatures—A parent/legal guardian must check the box next to each item and sign at the bottom.

Athletic Handbook	<input type="checkbox"/> I understand that I must abide by and will be held to the Anne Arundel County Public Schools Athletic Handbook (most recent version). I understand that this handbook is available online at aacps.org/athletics and through my Athletic Director.
Athletic Guide	<input type="checkbox"/> I have read and understand the 2020-21 Guide for Student-Athletes and Parents in its entirety.
Concussion Awareness	<input type="checkbox"/> Specifically, I have read and understand the Concussion Awareness information provided in the Guide for Student-Athletes and Parents
Cardiac Arrest Awareness	<input type="checkbox"/> Specifically, I have read and understand the Sudden Cardiac Arrest information provided in the Guide for Student-Athletes and Parents
COVID-19 Awareness	<input type="checkbox"/> Specifically, I have read and understand the COVID-19 Awareness information provided in the Guide for Student-Athletes and Parents
Health Plan	<input type="checkbox"/> Yes <input type="checkbox"/> No Does your child currently have a Health Plan on file with the school nurse? —I am obligated to inform the athletic director if my child obtains a Health Plan during the sports season.
Media Release	<input type="checkbox"/> Yes <input type="checkbox"/> No Consent for images, audiovisual accounts, and artwork of child to be used in AACPS and other media ventures.
Permission	<input type="checkbox"/> My child has permission to participate in interscholastic athletics for the 2020-21 school year.

Student Signature	Date	Parent/Legal Guardian's Signature	Date
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