			[
			OFFICE USE ONLY
			DATE REC'D
			FEE PD
PLEASE CHECK ONLY THOSE SPORTS YOU ARE O	GOING OUT FO	R.	REC'D BY
BY SIGINING THIS FORM, YOU HAVE INDICATI	τη την του	HAVE DEVI	
ATHLETIC HANDBOOK WHICH IS ONLINE, ON REQUESTING A HARD COPY FROM THE ATHLI	THE DISTRIC	Г WEBSITE (
PIAA RULES STATE THAT YOU MUST HAVE YO JUNE 1 ST FOR THE UPCOMING SCHOOL YEAR.	UR PHYSICAL	DATED ON	OR AFTER
STUDENT'S NAME	GRADE	BIRTH DA	ATE
FALL SPORTS			
VARSITY FOOTBALL			
FRESHMAN FOOTBALL			
8 TH GRADE FOOTBALL			
VARSITY FIELD HOCKEY			
VARSITY BOYS SOCCER			
VARSITY GIRLS SOCCER			
VARSITY BOYS OR GIRLS CROSS COUNTR	RY		
JUNIOR HIGH BOYS OR GIRLS CROSS CO			
VARSITY BOYS OR GIRLS GOLF			
VARSITY GIRLS TENNIS			
JUNIOR HIGH GIRLS BASKETBALL			
FALL VARSITY CHEERLEADING			
FALL JUNIOR HIGH CHEERLEADING			
WINTED CRAPTC			
WINTER SPORTS VARSITY BOYS BASKETBALL			
VARSITT BOTS BASKETBALL			
9 TH GRADE BOYS BASKETBALL			
8 TH GRADE BOYS BASKETBALL			
7 TH GRADE BOYS BASKETBALL			
VARSITY BOYS OR GIRLS BOWLING			
VARSITY WRESTLING			
JUNIOR HIGH WRESTLING			
SWIMMING/DIVING			
VARSITY BASKETBALL CHEERLEADING			
VARSITY WRESTLING CHEERLEADING			
WINTER JUNIOR HIGH CHEERLEADING			
SPRING SPORTS			
VARSITY BOYS TRACK			
VARSITY GIRLS TRACK			
VARSITY BASEBALL			
VARSITY SOFTBALL			
VARSITY BOYS TENNIS			
JUNIOR HIGH FIELD HOCKEY			
JUNIOR HIGH BOYS SOCCER			
JUNIOR HIGH GIRLS SOCCER			
BOYS LACROSSE GIRLS LACROSSE			
STUDENTS SIGNATURE			_
PARENTS SIGNATURE			-



PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION



INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school for retention by the school. The CIPPE may not be performed earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 7 of this form and must turn in that Section to the Principal, or Principal's designee, of his or her school. The Principal, or the Principal's designee, will then determine whether Section 8 need be completed.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION		
Student's Name	N	Aale/Female (circle one)
Date of Student's Birth:// Age of	Student on Last Birthday: Grade for Cu	rrent School Year:
Current Physical Address		
Current Home Phone # ()	Parent/Guardian Current Cellular Phone # ()
Fall Sport(s): Winter Sport(s	s): Spring Sport(s):	
EMERGENCY INFORMATION		
Parent's/Guardian's Name	Relations	ship
Address	Emergency Contact Telephone # ()
Secondary Emergency Contact Person's Name	Relations	hip
Address	Emergency Contact Telephone # ()
Medical Insurance Carrier	Policy Number	
Address	Telephone # ()	
Family Physician's Name		_, MD or DO (circle one)
Address	Telephone # ()	
Student's Allergies		
Student's Health Condition(s) of Which an Emergence	cy Physician Should be Aware	
Student's Prescription Medications		

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

The student's parent/guardian must complete all parts of this form.

A. I hereby give my consent for _____

who turned	on his/her last birthday, a student of
and a resident of th	e

to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20____ - 20 school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

Fall Sports	Signature of Parent or Guardian	Winter Sports	Signature of Parent or Guardian	Spring Sports	Signature of Parent or Guardian
Cross		Basketball		Baseball	
Country		Bowling		Boys'	
Field		Competitive		Lacrosse	
Hockey		Spirit Squad		Girls'	
Football		Girls'		Lacrosse	
Golf		Gymnastics		Softball	
Soccer		Rifle		Boys'	
Girls'		Swimming		Tennis	
Tennis		and Diving		Track & Field	
Girls'		Track & Field		(Outdoor)	
Volleyball		(Indoor)		Boys'	
Water		Wrestling		Volleyball	
Polo		Other		Other	
Other		Other		L	1

B. Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature _____ Date / /

C. Disclosure of records needed to determine eligibility: To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature

D. Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature

Date / /

Date / /

Permission to administer emergency medical care: I consent for an emergency medical care provider to E. administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care.

Parent's/Guardian's Signature _____

Date / /

School

public school district.

born on

Section 3: Understanding of Risk of Concussion and Traumatic Brain Injury

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 a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn'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 students do if they believe that they or someone else may have a concussion?

- Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents. Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- The student should be evaluated. A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- Concussed students should give themselves time to get better. If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

• Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:

The right equipment for the sport, position, or activity; Worn correctly and the correct size and fit; and Used every time the student Practices and/or competes.

- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature

Date / /

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature ____

_Date___/__/___

Revised: July 26, 2012

SECTION 4: UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

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 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.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

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

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)

- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people 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 have SCA die from it.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian 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

- Any student-athlete who has signs or 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 professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

		Date//
Signature of Student-Athlete	Print Student-Athlete's Name	
		Date//
Signature of Parent/Guardian	Print Parent/Guardian's Name	

PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form. 7/2012 **Revised: July 26, 2012**

SECTION 5: HEALTH HISTORY

Age____

Grade

Explain "Yes" answers at the bottom of this form. Circle questions you don't know the answers to.

		Yes	No	-	
1.	Has a doctor ever denied or restricted your	_	-	23.	Has
2	participation in sport(s) for any reason?			24	asthm
2.	Do you have an ongoing medical condition			24.	Do
3.	(like asthma or diabetes)?			25.	breath
э.	Are you currently taking any prescription or nonprescription (over-the-counter) medicines			20.	ls tl asthm
	or pills?			26.	Hav
4.	Do you have allergies to medicines,			20.	asthm
ч.	pollens, foods, or stinging insects?			27.	We
5.	Have you ever passed out or nearly			27.	a kidn
0.	passed out DURING exercise?				organ
6.	Have you ever passed out or nearly			28.	Hav
	passed out AFTER exercise?				(mono
7.	Have you ever had discomfort, pain, or	_	_	29.	` Do
	pressure in your chest during exercise?				or othe
8.	Does your heart race or skip beats during		_	30.	Hav
	exercise?				infecti
9.	Has a doctor ever told you that you have			CO	NCUSS
_	(check all that apply):			31.	Hav
	ligh blood pressure 📃 Heart murmur				rung, o
	ligh cholesterol 🔲 Heart infection				injury
10.	Has a doctor ever ordered a test for your	_	_	32.	Hav
	heart? (for example ECG, echocardiogram)				confus
11.	Has anyone in your family died for no	_	_	33.	Do
10	apparent reason?				heada
12.	Does anyone in your family have a heart			34.	Ha
10	problem?			35.	Ha
13.	Has any family member or relative been				weakr
	disabled from heart disease or died of heart problems or sudden death before age 50?			20	or falli
14.	Does anyone in your family have Marfan			36.	Ha
14.	syndrome?			37.	arms o Wh
15.	Have you ever spent the night in a			57.	severe
10.	hospital?			38.	Has
16.	Have you ever had surgery?	H	H	00.	in you
17.	Have you ever had an injury, like a sprain,]	diseas
	muscle, or ligament tear, or tendonitis, which			39.	Hav
	caused you to miss a Practice or Contest?				eyes o
	If yes, circle affected area below:			40.	Do
18.	Have you had any broken or fractured			41.	Do
	bones or dislocated joints? If yes, circle		_		goggle
	below:			42.	Are
	Sciett.			43.	٨٣٥
19.	Have you had a bone or joint injury that			43.	Are
19.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections,			44.	Has
19.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a		_	-	
	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:			-	Has your w Do
19. _{Head}	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm	Hand/	Chest	44. 45.	Has your v Do eat?
Head	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm	Hand/ Fingers Ankle	Chest Foot/	44.	Has your v Do eat? Do
Head Upper back	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm Lower Hip Thigh Knee Calf/shin back	Fingers Ankle	Foot/ Toes	44. 45. 46.	Has your w Do eat? Do like to
Upper back 20.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm Lower Hip Thigh Knee Calf/shin back Have you ever had a stress fracture?	Fingers	Foot/	44. 45. 46. FEM	Has your w Do eat? Do like to IALES
Head Upper back 20.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm r Lower Hip Thigh Knee Calf/shin back Have you ever had a stress fracture? Have you been told that you have or have	Fingers Ankle	Foot/ Toes	44. 45. 46. FEN 47.	Has your w Do eat? Do like to MALES Hay
Head Upper back 20.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm r Lower Hip Thigh Knee Calf/shin back Have you ever had a stress fracture? Have you been told that you have or have you had an x-ray for atlantoaxial (neck)	Fingers Ankle	Foot/ Toes	44. 45. 46. FEM	Has your w Do eat? Do like to MALES Hay Hoy
Head Upper back 20. 21.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm - Lower Hip Thigh Knee Calf/shin back Have you ever had a stress fracture? Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	Fingers Ankle	Foot/ Toes	44. 45. 46. FEN 47. 48.	Has your w Do eat? Do like to MALES Hay Hoy menst
Head Upper back	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm r Lower Hip Thigh Knee Calif/shin back Have you ever had a stress fracture? Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? Do you regularly use a brace or assistive	Fingers Ankle	Foot/ Toes	44. 45. 46. FEN 47.	Has your w Do eat? Do like to IALES Hav Hov menst
Head Upper back 20. 21.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: Neck Shoulder Upper Elbow Forearm arm - Lower Hip Thigh Knee Calf/shin back Have you ever had a stress fracture? Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	Fingers Ankle	Foot/ Toes	44. 45. 46. FEN 47. 48.	Has your w Do eat? Do like to MALES Hay Hoy menst

		Yes	No
23.	Has a doctor every told you that you have asthma or allergies?		
24.	Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?		
25.	Is there anyone in your family who has asthma?		
26.	Have you ever used an inhaler or taken asthma medicine?		
27.	Were you born without or are your missing a kidney, an eye, a testicle, or any other	_	_
28.	organ? Have you had infectious mononucleosis		
29.	(mono) within the last month?		
29.	Do you have any rashes, pressure sores, or other skin problems?		
30.	Have you ever had a herpes skin infection?		
CO	NCUSSION OR TRAUMATIC BRAIN INJURY		
31.	Have you ever had a concussion (i.e. bell		
	rung, ding, head rush) or traumatic brain injury?		
32.	Have you been hit in the head and been		
33.	confused or lost your memory? Do you experience dizziness and/or		
00.	headaches with exercise?		
34.	Have you ever had a seizure?		
35.	Have you ever had numbness, tingling, or		
	weakness in your arms or legs after being hit or falling?		
36.	Have you ever been unable to move your		
~-	arms or legs after being hit or falling?		
37.	When exercising in the heat, do you have severe muscle cramps or become ill?		
38.	Has a doctor told you that you or someone		
	in your family has sickle cell trait or sickle cell disease?		
39.	Have you had any problems with your	_	_
40.	eyes or vision?	H	H
40. 41.	Do you wear glasses or contact lenses? Do you wear protective eyewear, such as		
	goggles or a face shield?		
42.	Are you unhappy with your weight?		
43. 44.	Are you trying to gain or lose weight? Has anyone recommended you change		
	your weight or eating habits?		
45.	Do you limit or carefully control what you eat?		
46.	Do you have any concerns that you would		
FEM	like to discuss with a doctor?	H	H
47.	Have you ever had a menstrual period?		
48.	How old were you when you had your first		
40	menstrual period?		
49.	How many periods have you had in the last 12 months?		
50.	Are you pregnant?		
es" a	inswers here:		

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _

Date	/	1	

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _

Date / /

Revised: July 26, 2012

SECTION 6: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER

Must be completed and sign initial pre-participation physic							ned student's comprehensive e, of the student's school.
Student's Name	-	-		-		Age	Grade
Enrolled in							
							,/) RP
	blood pressure						her evaluation by the student's
Age 10-12: BP: >126/82, RP		8-15: BP: >13	6/86, RP >100); Age 16-25	: BP: >142	2/92, RP >96.	
Vision: R 20/ L 20/	Correc	ted: YES N	IO (circle one) Pupils:	Equal	Unequal	
MEDICAL	NORMAL			ABNO	ORMAL F	INDINGS	
Appearance							
Eyes/Ears/Nose/Throat							
Hearing							
Lymph Nodes							
Cardiovascular			rmur 🔲 Femor stigmata of Marl		clude aortio	coarctation	
Cardiopulmonary			signate of Man				
Lungs							
Abdomen							
Genitourinary (males only)							
Neurological							
Skin							
MUSCULOSKELETAL	NORMAL			ABNO	ORMAL F	INDINGS	
Neck							
Back							
Shoulder/Arm							
Elbow/Forearm							
Wrist/Hand/Fingers							
Hip/Thigh							
Knee							
Leg/Ankle							
Foot/Toes							
herein named student, and,	on the basis of participate in	such evalua Practices, Inte	tion and the s er-School Prac	tudent's HEA ctices, Scrim	∟тн <mark>Н</mark> іѕто mages, ar	RY, certify that d/or Contest	ion physical evaluation of the at, except as specified below, s in the sport(s) consented to Evaluation form:
	ARED, with rec	ommendatior	n(s) for further	evaluation o	r treatmen	t for:	
■ NOT CLEARED for the ■ COLLISION ■ CONTAC			ease check the			TRENUOUS	Non-strenuous
Due to							
Recommendation(s)/Re	ferral(s)						
AME's Name (print/type)							cense #
Address AME's Signature) Date of CIPPE//