



*Athletic Department*  
**Elizabethtown Area School District**  
*Athletic Physicals Checklist*  
2019-2020

Complete the following checklist for student-athletes who have intentions of participating in an EASD interscholastic athletic program. *All appropriate papers **must** be completed in their entirety prior to a student-athlete being allowed to practice or participate in a contest.*

**\*\*\*Completed paperwork packets with payment must be turned in no later than 7/29/19 (Fall), 11/8/19 (Winter) & 2/21/20 (Spring)\*\*\***

1. **PIAA Emergency Card for Athletes:** Required to be carried by all coaches in the event that your son/daughter needs emergency care.
2. **Athletic Department Information Sheet**
3. **PIAA Assumption of risk form:** signed by both parent/guardian AND athlete
4. **Pre-Participation Physical (Section 6):** Please note that you must visit your physician **AFTER June 1** for the physical to be acceptable towards the upcoming sports season.
  - a. **Section 1:** Personal and Emergency info
  - b. **Section 2:** Certification of parent/guardian, signed by parent/guardian
  - c. **Section 3:** Understanding risk of concussion, signed by both parent/guardian AND athlete
  - d. **Section 4:** Understanding sudden cardiac arrest, signed by both parent/guardian AND athlete
  - e. **Section 5:** Health history, signed by both parent/guardian and athlete
  - f. **Section 6:** PIAA Pre-Participation Physical Evaluation & Certification of Authorized Medical Examiner-filled out and signed by physician  
**PIAA mandates that this form is completed AFTER June 1.**
5. **Participation fee of \$50:** Check or money order may be made payable to Elizabethtown Area School District . If a family has two or more students participating in a given season, the fee is reduced to \$25 for each additional family member after the first \$50 fee is assessed.



**Emergency Card for Athletes**

**Sport:** \_\_\_\_\_

- Emergency card/authorization for each athlete must accompany the athlete at all times.
- The card for each athlete should be carried in the first-aid kit for each sport.
- The card for each athlete should be readily accessible to the Coach, athletic trainer, or emergency personnel.
- Prior to the start of each sport, the card for each athlete should be reviewed by the Coach/trainer/athletic director or any other medical personnel for completeness.
- Include emergency phone numbers or significant medical history.

**Please complete the information below prior to participation in each sports' season:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Telephone: \_\_\_\_\_

**In case of accident or emergency, please contact:**

Parent's/Guardian's Name \_\_\_\_\_ Relationship \_\_\_\_\_  
 Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_  
 Secondary Emergency Contact Person's Name \_\_\_\_\_ Relationship \_\_\_\_\_  
 Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_  
 Medical Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_  
 Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_  
 Family Physician's Name \_\_\_\_\_, MD or DO (circle one)  
 Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

Pre-Existing Circulatory/Pulmonary Conditions: \_\_\_\_\_  
 Diabetes: \_\_\_\_\_  
 Inhalers: \_\_\_\_\_  
 Allergies or Allergic Reactions: \_\_\_\_\_  
 Medications Being Used: \_\_\_\_\_  
 \_\_\_\_\_

Have you ever had a concussion (i.e. bell rung, ding, head rush) or head injury? \_\_\_\_\_ Yes \_\_\_\_\_ No

Other Pertinent Information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Permission to Treat: \_\_\_\_\_ Parent's/Guardian's Signature

Elizabethtown Area School District  
Athletic Department

Name: \_\_\_\_\_

List all sports you plan on participating in this school year:

Fall \_\_\_\_\_

Marching Band (circle) YES or NO

Winter \_\_\_\_\_

Spring \_\_\_\_\_

**\$50.00 Participation Fee**  
*(Payment is only required for the current season)*

Received by \_\_\_\_\_

Date \_\_\_\_\_

Cash \_\_\_\_\_ Check \_\_\_\_\_ # \_\_\_\_\_ Amount \_\_\_\_\_

Paid by: \_\_\_\_\_

Additional Children for current season:

By signing below, you acknowledge that you have read and understand the information found in the Student Handbook and the Elizabethtown Area School District's Student Extracurricular Participation Code of Conduct which can be found on the Elizabethtown Area School District website via the Athletics page.

*Parent Signature:* \_\_\_\_\_

*Student Signature:* \_\_\_\_\_

ACKNOWLEDGMENT OF PIAA REQUIREMENTS AND ASSUMPTION OF RISK FORM

ATHLETE'S NAME \_\_\_\_\_ YEAR 2018-2019

Circle the grade you will be attending this school year: 7 8 9 10 11 12

Prior to participating in any practice or tryout sessions for any interscholastic sport each athlete must successfully pass the PIAA approved Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) by a registered physician and the copy of such examination must be on file in the Athletic Office. One current physical examination per year is sufficient for all sports during that school year.

**NOTE:** All CIPPE examinations expire as of midnight, May 31st of current school year.

I understand that participating in Elizabethtown Area interscholastic athletics is a privilege, not a right. I will abide by the Elizabethtown Area School District Code of Conduct, the Extracurricular Participation Contract, the head coaches' team rules, and the rules of the P.I.A.A. to ensure the right of participation.

**Pennsylvania Interscholastic Athletic Association By-Laws-Article IV-Section I**

A pupil shall be eligible for practice or participation in each sport only when there is on file with the principal/athletic director, a Certificate of Consent (see below) that is signed by his/her parent or guardian. I (parent/guardian) acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA members' schools to participate in interscholastic athletic contests involving P.I.A.A. member schools. Such requirements include, but are not necessarily limited to: age, amateur status, school attendance, health, transfer from one school to another, semesters of attendance, season of sports participation, and academic performance (see PIAA.org for additional information).

**Certificate of Consent**

I hereby consent to the release by the Elizabethtown Area School District to P.I.A.A. of any portion of the school record file of the student necessary to enable P.I.A.A. to determine whether other above named pupil is eligible to participate in interscholastic athletics involving P.I.A.A. member schools, specifically including, without limiting the generality of the foregoing, birth and age record, name and residence address of parent or guardian, residence of pupil, academic work completed, grades received, and attendance data.

In accordance with the P.I.A.A By-Laws, Article IV, Section I, I give my consent for the above named student, a pupil of the Elizabethtown Area School District, to take part in the athletic contests during the school year 2018-2019 in the sport listed in Section 2 of the Comprehensive Pre-Participation Physical Evaluation (CIPPE) as indicated by my signature.

**STUDENT ATHLETE MEDICAL INSURANCE**

Elizabethtown Area School District does NOT carry athletic injury insurance for any of our interscholastic sports. It is the responsibility of the parent or guardian of the student athlete to be responsible for any and all medical costs associated with any injury or illness the athlete sustains while participating in athletics.

**Reporting of Injuries**

When injured, all student athletes must immediately report the injury, no matter how insignificant, to their coach. Every injured athlete is then required to report the injury to the certified athletic trainer. In addition, all further issues or updates on the injury should be reported to the certified athletic trainer.

**Assumption of Risk**

I understand there are inherent dangers involved with sports participation and are aware that participating in athletics can result in severe injury or even death from a variety of circumstances and assume the risks involved. I acknowledge that my signature below will act as my notification of being properly advised, cautioned and warned that I am exposing myself to risk of injury, including but not limited to, the risk of sprains, fractures and ligament and cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding the risk of injury.

STUDENT ATHLETE SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



**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 authorized earlier than June 1<sup>st</sup> and shall be effective, regardless of when performed during a school year, until the latter of the next May 31<sup>st</sup> or the conclusion of the spring sports season.

**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 \_\_\_\_\_ Male/Female (circle one)

Date of Student's Birth: \_\_\_/\_\_\_/\_\_\_\_\_ Age of Student on Last Birthday: \_\_\_ Grade for Current School Year: \_\_\_

Current Physical Address \_\_\_\_\_

Current Home Phone # ( ) \_\_\_\_\_ Parent/Guardian Current Cellular Phone # ( ) \_\_\_\_\_

Fall Sport(s): \_\_\_\_\_ Winter Sport(s): \_\_\_\_\_ Spring Sport(s): \_\_\_\_\_

**EMERGENCY INFORMATION**

Parent's/Guardian's Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_

Secondary Emergency Contact Person's Name \_\_\_\_\_ Relationship \_\_\_\_\_

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 Emergency Physician or Other Medical Personnel Should be Aware \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Student's Prescription Medications and conditions of which they are being prescribed \_\_\_\_\_

\_\_\_\_\_

**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 \_\_\_\_\_ born on \_\_\_\_\_ who turned \_\_\_\_\_ on his/her last birthday, a student of \_\_\_\_\_ School and a resident of the \_\_\_\_\_ public school district, 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
Cross Country	
Field Hockey	
Football	
Golf	
Soccer	
Girls' Tennis	
Girls' Volleyball	
Water Polo	
Other	

Winter Sports	Signature of Parent or Guardian
Basketball	
Bowling	
Competitive Spirit Squad	
Girls' Gymnastics	
Rifle	
Swimming and Diving	
Track & Field (Indoor)	
Wrestling	
Other	

Spring Sports	Signature of Parent or Guardian
Baseball	
Boys' Lacrosse	
Girls' Lacrosse	
Softball	
Boys' Tennis	
Track & Field (Outdoor)	
Boys' Volleyball	
Other	

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](http://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 \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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 video broadcasts and re-broadcasts, webcasts and 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 \_\_\_\_/\_\_\_\_/\_\_\_\_

E. **Permission to administer emergency medical care:** I consent for an emergency medical care provider to 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. I further give permission to the school's athletic administration, coaches and medical staff to consult with the Authorized Medical Professional who executes Section 6 regarding a medical condition or injury to the herein named student.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

F. **CONFIDENTIALITY:** The information on this CIPPE shall be treated as confidential by school personnel. It may be used by the school's athletic administration, coaches and medical staff to determine athletic eligibility, to identify medical conditions and injuries, and to promote safety and injury prevention. In the event of an emergency, the information contained in this CIPPE may be shared with emergency medical personnel. Information about an injury or medical condition will not be shared with the public or media without written consent of the parent(s) or guardian(s).

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

### 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 \_\_\_\_/\_\_\_\_/\_\_\_\_

**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.

\_\_\_\_\_  
Signature of Student-Athlete                      \_\_\_\_\_  
Print Student-Athlete's Name                      Date \_\_\_\_/\_\_\_\_/\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian                      \_\_\_\_\_  
Print Parent/Guardian's Name                      Date \_\_\_\_/\_\_\_\_/\_\_\_\_



**SECTION 5: HEALTH HISTORY**

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

	Yes	No		Yes	No			
1.			Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>			
2.			Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>			
3.			Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>			
4.			Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>			
5.			Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
6.			Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
7.			Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
8.			Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
9.			Has a doctor ever told you that you have (check all that apply):					
	<input type="checkbox"/>		High blood pressure	<input type="checkbox"/>				
		<input type="checkbox"/>	Heart murmur		<input type="checkbox"/>			
	<input type="checkbox"/>		High cholesterol	<input type="checkbox"/>				
		<input type="checkbox"/>	Heart infection		<input type="checkbox"/>			
10.			Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>			
11.			Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>			
12.			Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>			
13.			Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>			
14.			Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>			
15.			Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>			
16.			Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>			
17.			Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>			
18.			Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>			
19.			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:	<input type="checkbox"/>	<input type="checkbox"/>			
	Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest
	Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/ Toes
20.			Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>			
21.			Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>			
22.			Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>			
23.			Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>			
24.			Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
25.			Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>			
26.			Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>			
27.			Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>			
28.			Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>			
29.			Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>			
30.			Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>			
<b>CONCUSSION OR TRAUMATIC BRAIN INJURY</b>								
31.			Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury?	<input type="checkbox"/>	<input type="checkbox"/>			
32.			Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>			
33.			Do you experience dizziness and/or headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
34.			Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>			
35.			Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>			
36.			Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>			
37.			When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>			
38.			Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>			
39.			Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>			
40.			Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>			
41.			Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>			
42.			Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>			
43.			Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>			
44.			Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>			
45.			Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>			
46.			Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>			
<b>FEMALES ONLY</b>								
47.			Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>			
48.			How old were you when you had your first menstrual period?					
49.			How many periods have you had in the last 12 months?					
50.			Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>			

#s	Explain "Yes" answers here:

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

Student's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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 \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Enrolled in \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Brachial Artery BP \_\_\_\_\_ / \_\_\_\_\_ ( \_\_\_\_\_ / \_\_\_\_\_ , \_\_\_\_\_ / \_\_\_\_\_ ) RP \_\_\_\_\_

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended.

**Age 10-12:** BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96.

Vision: R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: YES NO (circle one) Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

**CLEARED**  **CLEARED**, with recommendation(s) for further evaluation or treatment for: \_\_\_\_\_

**NOT CLEARED** for the following types of sports (please check those that apply):

COLLISION  CONTACT  NON-CONTACT  STRENUOUS  MODERATELY STRENUOUS  NON-STRENUOUS

Due to \_\_\_\_\_

Recommendation(s)/Referral(s) \_\_\_\_\_

AME's Name (print/type) \_\_\_\_\_ License # \_\_\_\_\_

Address \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

AME's Signature \_\_\_\_\_ MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE \_\_\_\_/\_\_\_\_/\_\_\_\_