

2019-2020 Sports Physical Examination

Monday, June 3rd, 2019 @ High School Media Center/Library
Time: To be assigned (between 6:00PM-9:00PM)

*Assigned times will be given to the student when this packet and payment is handed into the Athletic Office or Middle School Office.

This is the only date that the school will perform sport physicals. Fall, Winter and Spring Student-Athletes are encouraged to attend or they will be required to have the physical performed by their personal doctor. If you are unable to attend on June 3rd and are unable to have the physical performed by your family doctor before August 1st (if participating in a Fall sport) please contact the Athletic Office for alternative options. Please remember that all physicals must be certified and dated on or after June 1, 2019 to meet PIAA requirements.

Checklist

- Complete the PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) Form Pages 1-7. Please note that your signatures on page 3 attest that you have read and understand the Student-Athlete Code of Responsibility, Communication Plan and Transportation Permission Release that is included in this packet. Please keep the Code of Responsibility and Communication Plan for future reference. Also please make sure that a parent has signed all areas that are shaded for signatures and students have signed all areas that are shaded for signatures. Parent and student signatures are needed on pages 2, 3, 4, 5 and 7.
- Have a doctor complete Page 8 of the CIPPE Form – must be completed and certified/dated after June 1, 2019 – NO EXCEPTIONS CAN BE MADE TO THIS CERIFICATION DATE!
Also any student who is prescribed an Asthma inhaler must have a completed Asthma Action Plan on file each year. The AAP form for inhaler use can be found on the athletic website under “Athletic Resources” and “Sport Physicals” and should be returned with the CIPPE form or before the start of the season to the Athletic Office or School Nurse.
- If attending the school physical, **all forms must be completed in advance and submitted with a payment of \$5 to either the High School Athletic Office or Middle School Office by Friday, May 31st.** All walk-ins on the day of the sport physicals on June 3rd will be charged \$20 and must still bring all completed paperwork with them to the physicals in order to have the physical performed. All walk-ins should arrive at 8:00PM and may need to wait if other pre-registered students are still waiting for their appointment.
Checks should be made payable to **Oley Valley School District**.
There will be 4 doctors completing the physicals and no male hernia checks will take place.
Doctors will NOT be assigned by gender.
Assigned appointment times will be given to the students via a confirmation letter when they hand in the completed packet with payment to the HS Athletic Office or MS Office. If the student has a conflict with the assigned time or your child does not bring the assigned time sheet home when they hand in the packet, please call Mrs. Kehoe at 610-987-4111 x2.
- If you are not attending the school physicals but plan on participating in a fall sport, please return all completed paperwork to the Athletic Office by **Thursday, August 1st.** Students will not be cleared to play until all paperwork is completed and submitted to the athletic office. If you cannot return your paperwork before August 1st, please contact the athletic office to make alternative arrangements to submit your paperwork. It is critical that we have all paperwork submitted before the first day of each season. **Any student handing in the physical packet after the due date will not be cleared to participate for 24 hours after submission of the completed CIPPE form so that all records can be reviewed with our athletic training staff/coaches.**
***Please note that all school offices are closed on Fridays during the summer.*
- If you have not done so in previous years, sign up for a parent/fan account on the Athletic Website (www.ovlynx.org). If you do already have an account, please make sure you update which teams you would like to receive schedule change notifications for the 2019-2020 school year. Directions on how to create an account on the www.ovlynx.org website can be found on the back of this page.

-OVER-

Note: Students who wish to participate in multiple sports will need to fill out the proper recertification paperwork each season. At minimum, Section 7 of the CIPPE form must be completed before the start of a new season. Recertification papers are distributed at signups for the Winter and Spring seasons.

Questions regarding sports physicals should be directed to the Athletic Office at 610-987-4111.

First practice day for High School Fall Sports is Monday, August 12th, 2019.

First practice day for Middle School Fall Sports is Monday, August 19th 2019.

Tentative game schedules are available on the athletic website at www.ovlynx.org and tentative Fall practice schedules will be posted by August 1st. Due to other school events/conflicts and weather, all schedules are subject to change throughout the summer and in-season.

ATHLETIC WEBSITE & SCHEDULE CHANGE NOTIFICATIONS: WWW.OVLYNX.ORG

All parents are asked to sign-up on the Athletic Website for a parent/fan account. By doing so you will be able to receive text and/or email alerts in-season when practices and contests are postponed or canceled. It will also allow the Athletic Office to be able to send emails and booster club fundraiser information to all parents who sign up for a parent/fan account. Be the first to find out about in-season schedule changes by creating your own parent/fan account today!

Directions for creating a parent/fan account:

- 1 – Visit www.ovlynx.org
- 2 – Click on the “SCHEDULE CHANGE ALERTS” link found on the top navigation menu (FALL, WINTER, SPRING, CALENDAR, ATHLETIC RESOURCES, *SCHEDULE CHANGE ALERTS*)
- 3 – Click on the “Create New Fan Account” link. *If you already have an account and just need to update which teams you want notifications for during the 2019-2020 school year you can login to your existing account on this page.
- 4 – Complete all required fields to create your account. Once your account is created you will be re-directed to the Fan Dashboard page.
- 5 – Click on the “MY FAVORITES/ALERTS” link found on the top navigation menu of the Fan Dashboard. First click on “ADD A SCHOOL” and search/select “OLEY VALLEY”. Next click on “ADD A TEAM” and select the Sport, Level and Gender for the team in which you wish to get schedule change notifications and/or any email announcements from the Athletic Office for the 2019-2020 school year. You can repeat this step for as many teams as you wish to subscribe to, but please note that you will stay subscribed to those team alerts until you would modify your account to remove your selected teams. Return to the “Favorites” tab to remove any teams that you no longer wish to be subscribed to for the 2019-2020 school year. Please note that only the Sports/Levels/Genders listed below are used for the team schedules found on www.ovlynx.org.
- 6 – Click on the “Alerts” tab which is found under the Favorites/Alerts menu. Your selected favorite teams will appear on this screen and you can select the check boxes for if you want Schedule Changes and/or Scores and Stats notifications (please note that we do not use the score/stats reporting and alerts).
- 7 – Finally click on the “Alert Settings” tab which is found under the Favorites/Alerts menu. This is where you will put an email address and/or a cell phone number if you wish to get any alerts via email and/or text messages. As long as you have team alerts selected on the Alerts tab, you will then get schedule change notifications for those selected teams to the email address and/or cell phone number that you list on your Alert Settings.

***Sports/Levels/Genders that will be used for team schedules for the 2019-2020 school year:**

Sport	Level	Gender	Sport	Level	Gender	Sport	Level	Gender
Baseball	High School	Boys	Cheerleading	Middle School	Coed	Soccer	Middle School	Girls
Baseball	Junior Varsity	Boys	Cross Country	High School	Coed	Softball	High School	Girls
Baseball	MSA	Boys	Cross Country	Middle School	Coed	Softball	Junior Varsity	Girls
Baseball	MSB	Boys	Field Hockey	High School	Girls	Softball	MSA	Girls
Basketball	High School	Boys	Field Hockey	Middle School	Girls	Softball	MSB	Girls
Basketball	Middle School	Boys	Golf	High School	Coed	Track & Field	High School	Coed
Basketball	High School	Girls	Golf	Junior Varsity	Coed	Track & Field	Middle School	Coed
Basketball	Middle School	Girls	Soccer	High School	Boys	Wrestling	High School	Boys
Bowling	High School	Coed	Soccer	Middle School	Boys	Wrestling	Middle School	Boys
Cheerleading	High School	Coed	Soccer	High School	Girls			

**Coop Sports should be registered for schedule alert notifications using the Host School Name and Sport/Level/Gender used by the host school.*