

SMSD Athletic Pre-Participation Forms

Athletes turning in their completed forms the day before practice starts or later will be required to observe one full day of practice before participating. Be sure to submit forms by the deadlines below.

Please follow the directions below for completing the pre-participation forms:

1. Print forms from the school athletic website at www.boilingspringsathletics.org under the Athletic Forms heading. Click on the Pre-participation form if this is the first sport season of the school year. Click on the Re-certification form if this is the second or third sport of the current school year. The Re-certification forms must be completed if you are participating in a second or third sport for the current school year no earlier than six weeks before the start of the season.
2. Complete the forms with all signatures and dates no earlier than June 1 of the current school year. **A Pennsylvania practitioner must authorize Section 6 of these forms.** A standard physical form will not be accepted without a signed and completed Section 6. Any athlete with a pre-existing injury/illness and expecting to be cleared to participate at a later date, must turn in his or her pre-participation forms by the due date with the stipulation to participate pending written documentation from the attending physician for that particular illness/injury.

If you cannot get Section 6 signed by your family physician with a current date before the due date, you may want to check-in with one of the following walk-in clinics:

UPMC Urgent Care, 1175 Walnut Bottom Road, Carlisle 717-258-9355
Penn State Health Carlisle Outpatient Center Urgent Care, 1211 Forge Road, Carlisle 717-218-3990
Concentra Urgent Care, 1124 Harrisburg Pike, Carlisle 717-245-2411

3. Remember to take any other pertinent paperwork to your doctor's appointment such as work and/or driver's permit papers with you. This form will be submitted to the school nurse for your eleventh grade physical if requested. **General physical forms can NOT be accepted for athletics.** Section 6 of the PIAA forms must be signed and have current date by the medical provider.
4. Copy any forms you may need for summer camps, lost paperwork, etc., prior to submitting to the office. (In particular, **Section 6 should be copied for your records.** Lost forms are not the responsibility of the school).
5. Submit only the completed pages to the HS office by the deadline dates below. Do not submit to your coach or anyone else. If your packet contains missing information, you will not be allowed to participate until the information is provided. This will result in not being allowed to participate and potentially being cut from the team if tryouts are held. **All athletes must have medical insurance coverage to participate and listed on the forms Section 1.**

Fall pre-participation forms are due before 2 pm on July 31.
Winter pre-participation or re-certification forms are due before 2 pm on November 3.
Spring pre-participation or re-certification forms are due before 2 pm on February 23.
(If the school is closed on a due date, turn the forms in on the next open day)

Additional Information

- The pre-participation forms will require a re-examination by a physician if the athletic trainer has not received **written clearance** from an attending physician for any illness or injury that precipitates a physician's consultation.
- Subsequent sports will require re-certification forms to be completed within six weeks of the start of the winter and spring seasons. Re-certification forms will be provided online at www.boilingspringsathletics.org under Athletics Forms tab six weeks prior to the start of winter and spring seasons.

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 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, of the student's school will then determine whether Section 8 need be completed.

Section 1: Personal and Emergency Information

PERSONAL INFORMATION

Student's Name _____ Check one: Male ☐ Female ☐

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

Year Enrolled in SMSD _____ Check all that apply: Traditional ☐ Vo-Tech ☐ Cyber ☐ Homeschool ☐ Other ☐

Current Physical Address _____

Current Home Phone # () _____ Parent/Guardian Current Cellular Phone # () _____

List only the sport you intend to play and circle the grades you have competed in this sport only for SMSD including this year.

Fall _____ (7 8 9 10 11 12) Winter _____ (7 8 9 10 11 12) Spring _____ (7 8 9 10 11 12)

EMERGENCY INFORMATION

Parent's/Guardian's Name _____ Relationship _____ E-mail _____

Address _____ Emergency Phone # () _____

Secondary Emergency Contact Name _____ Relationship _____

Address _____ Emergency Phone # () _____

Family Physician _____ MD or DO (circle one)

Address _____ Phone # () _____

Medical Insurance Carrier (required) _____ Policy # _____

Ins. Address _____ Employer _____ Phone # _____

Student's Allergies _____

Student's Health Condition(s) of Which Emergency Personnel Should be Aware _____

Student's Prescription Medications & Condition For _____

Section 2: Certification of Parent/Guardian

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

A. I hereby give my consent for (Name) _____ born on ____/____/____ who turned (age) _____ on his/her last birthday, a student of Boiling Springs or Yellow Breeches School and a resident of the South Middleton public school district, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the _____ school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

	Sport	X Signature of Parent or Guardian below
FALL	Cheerleading/Comp Spirit - Grade 7-12	
	Cross Country - Grade 7-12	
	Field Hockey - Grade 7-12	
	Football - Grade 9-12	
	Golf - Grade 9-12	
	Soccer - Grade 9-12	
	Girls Volleyball Grade 9-12	
WINTER	Basketball – Grade 7-12	
	Bocce – Grade 9-12	
	Cheerleading/Comp Spirit - Grade 7-12	
	Swimming & Diving - Grade 9-12	
	Wrestling - Grade 7-12	
SPRING	Baseball – Grade 9-12	
	Soccer – Grade 7-8	
	Softball – Grade 9-12	
	Track & Field – Grade 7-12	
	Girls Volleyball – Grade 7-8	

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 X _____ 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 X _____ 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 X _____ 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 7 regarding a medical condition or injury to the herein named student.

Parent's/Guardian's Signature X _____ 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 X _____ 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
 - 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.

X _____
Signature of Student-Athlete

Print Student-Athlete's Name

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.

X _____
Signature of Parent/Guardian

Print Parent/Guardian's Name

Date ____/____/____

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

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) occurs when the heart suddenly and unexpectedly stops beating. 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 350,000 cardiac arrests that occur outside of hospitals each year. More than 10,000 individuals under the age of 25 die of SCA each year. SCA is the number one killer of student athletes and the leading cause of death on school campuses.

Are there warning signs?

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

- Dizziness or lightheadedness when exercising;
- Fainting or passing out during or after exercising;
- Shortness of breath or difficulty breathing with exercise, that is not asthma related;
- Racing, skipped beats or fluttering heartbeat (palpitations)
- Fatigue (extreme or recent onset of tiredness)
- Weakness;
- Chest pains/pressure or tightness during or after exercise.

These symptoms can be unclear and confusing in athletes. Some may ignore the signs or think they are normal results off physical exhaustion. If the conditions that cause SCA are diagnosed and treated before a life-threatening event, sudden cardiac death can be prevented in many young athletes.

What are the risks of practicing or playing after experiencing these symptoms?

There are significant risks associated with continuing to practice or play after experiencing these symptoms. The symptoms might mean something is wrong and the athlete should be checked before returning to play. When the heart stops due to cardiac arrest, 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 experience a SCA die from it; survival rates are below 10%.

Act 73 – Peyton's Law - Electrocardiogram testing for student athletes

The Act is intended to help keep student-athletes safe while practicing or playing by providing education about SCA and by requiring notification to parents that you can request, at your expense, an electrocardiogram (EKG or ECG) as part of the physical examination to help uncover hidden heart issues that can lead to SCA.

Why do heart conditions that put youth at risk go undetected?

- Up to 90 percent of underlying heart issues are missed when using only the history and physical exam;
- Most heart conditions that can lead to SCA are not detectable by listening to the heart with a stethoscope during a routine physical; and
- Often, youth don't report or recognize symptoms of a potential heart condition.

What is an electrocardiogram (EKG or ECG)?

An ECG/EKG is a quick, painless and noninvasive test that measures and records a moment in time of the heart's electrical activity. Small electrode patches are attached to the skin of your chest, arms and legs by a technician. An ECG/EKG provides information about the structure, function, rate and rhythm of the heart.

Why add an ECG/EKG to the physical examination?

Adding an ECG/EKG to the history and physical exam can suggest further testing or help identify up to two-thirds of heart conditions that can lead to SCA. An ECG/EKG can be ordered by your physician for screening for cardiovascular disease or for a variety of symptoms such as chest pain, palpitations, dizziness, fainting, or family history of heart disease.

- ECG/EKG screenings should be considered every 1-2 years because young hearts grow and change.
- ECG/EKG screenings may increase sensitivity for detection of undiagnosed cardiac disease but may not prevent SCA.
- ECG/EKG screenings with abnormal findings should be evaluated by trained physicians.
- If the ECG/EKG screening has abnormal findings, additional testing may need to be done (with associated cost and risk) before a diagnosis can be made, and may prevent the student from participating in sports for a short period of time until the testing is completed and more specific recommendations can be made.
- The ECG/EKG can have false positive findings, suggesting an abnormality that does not really exist (false positive findings occur less when ECG/EKGs are read by a medical practitioner proficient in ECG/EKG interpretation of children, adolescents and young athletes).
- ECGs/EKGs result in fewer false positives than simply using the current history and physical exam.

The American College of Cardiology/American Heart Association guidelines do not recommend an ECG or EKG in asymptomatic patients but do support local programs in which ECG or EKG can be applied with high-quality resources.

Removal from play/return to play

Any student-athlete who has signs or symptoms of SCA must be removed from play (which includes all athletic activity). The symptoms can happen before, during, or after activity.

Before returning to play, the athlete must be evaluated and cleared. 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 this form and understand the symptoms and warning signs of SCA. I have also read the information about the electrocardiogram testing and how it may help to detect hidden heart issues.

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"/>	23. Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>																
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<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"/>																
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>																
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>																
5. Have you ever passed out or nearly passed out DURING exercise?	<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"/>																
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<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"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>																
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>																
9. Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR TRAUMATIC BRAIN INJURY 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"/> MENSTRUAL QUESTIONS- IF APPLICABLE 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. When was your last menstrual period? _____																		
<input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection	<input type="checkbox"/>	<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"/>																			
<table border="0" style="width: 100%; font-size: small;"> <tr> <td>Head</td><td>Neck</td><td>Shoulder</td><td>Upper arm</td><td>Elbow</td><td>Forearm</td><td>Hand/ Fingers</td><td>Chest</td></tr> <tr> <td>Upper back</td><td>Lower back</td><td>Hip</td><td>Thigh</td><td>Knee</td><td>Calf/shin</td><td>Ankle</td><td>Foot/ Toes</td></tr> </table>	Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest	Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/ Toes					
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"/>																			

#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 ____ / ____ / ____
(must be dated after 5/31/2023)

Section 6 Continued: PIAA Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner

Student's Name _____ Age _____ Grade _____

IMMUNIZATIONS AND TESTS

VACCINE	Enter Month, Day, And Year Each Immunization Was Given			BOOSTERS & DATES	
	DOSES				
Diphtheria and Tetanus (Circle): DTaP, DTP, DT, TD	1 / /	2 / /	3 / /	4 / /	5 / /
Polio (Circle): OPV, IPV	1 / /	2 / /	3 / /	4 / /	5 / /
Measles, Mumps, Rubella	1 / /	2 / /			
Hepatitis B	1 / /	2 / /		3 / /	
HIB	1 / /	2 / /		3 / /	
Varicella	1 / /	2 / /		Varicella Disease or Lab Evidence Date:	
MCV4	1 / /	2 / /			
Other:					

- ☐ **Medical Exemption** The physical condition of the above named child is such that immunization would endanger life or health
- ☐ **Religious Exemption** (Includes a strong moral or ethical conviction similar to a religious belief and requires a written statement from the parent/guardian)

If Applicable:

Tuberculin Tests Date Applied	Arm	Device	Antigen	Manufacturer	Signature
Date Read		Results (mm)		Signature	

Follow-Up of significant tuberculin tests:

Parent/Guardian notified of significant findings on. _____
Date

Result of Diagnostic Studies: _____
Date

Preventive Anti-Tuberculosis – Chemotherapy ordered. ☐ NO ☐ Yes
Date

ImPACT Concussion Baseline Testing

Who should take the Concussion Baseline Testing?

1. **All 7th and 10th grade athletes** regardless of whether a baseline test was performed in a prior year.
2. **All first year athletes regardless of grade** (Example- Students transferring from another school district or students starting a sport for the first time such as in 9th grade). See below for Instructions on how to complete this testing.

What is ImPACT?

ImPACT is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following concussion. ImPACT is a 20-minute neurocognitive test battery that has been scientifically validated to measure the effects of sports-related concussion. In the preseason, each athlete must take a baseline test. If a concussion is suspected during the season, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to diagnose and manage the concussion. Follow-up Post Concussion tests can be administered so clinicians can continue to track the athlete's recovery from the injury for safe return to play.

Why use ImPACT?

ImPACT can help answer difficult questions about an athlete's readiness to return to play, protecting them from the potentially serious consequences of returning too soon. While traditional neurological and radiological procedures such as CT and MRI are helpful in identifying serious brain injuries (e.g., skull fractures and hematomas); they are ineffective at identifying the functional effects of concussion. Consequently, clinicians must often rely on subjective observations or patient self-reports to diagnose and track a concussion. This is where ImPACT can help. Conducting baseline and post-injury neurocognitive testing using ImPACT helps to objectively evaluate an athlete's cognitive status. When baseline data are unavailable, ImPACT has a normative database of thousands of non-injured athletes, which can be used for effective evaluations and comparisons.

When will ImPACT testing occur?

Every athlete will need to complete the Baseline Concussion testing online once every 3 years on their own. You must complete the test before you will be allowed to participate. You should take the test in a quiet environment with no distractions or interruptions on a computer. You cannot complete this on your phone. Your test will be invalid if you do not follow directions exactly and you will need to retake the test. Updating your flash player might be necessary to ensure completion of test without your computer freezing up. Slow connection speed can also cause program to freeze or stop working. The test will time out if you do not complete it continuously without interruptions and distractions within the time limit. **The test could take up to 45 minutes to complete and will be saved and completed when you get to the print confirmation page.** If the confirmation page does not print, do not retake the test, it should still be saved.

To take the Baseline Test: Go to <https://www.impacttestonline.com/schools>

Enter **5DD287CDBB** for the Customer ID Code.

I completed the test online and **included the confirmation page with these forms**. If confirmation page does not print, please note this and **do not retake the test**. Turn in all confirmations to Mr. Widder or email him at blw@smsd.us when completed.