

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 latter of the next May 31st or the conclusion of the current 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 I. FERSONAL AND EMERGENCT INFORMATION	SECTION 1:	PERSONAL AND EMERGENCY INFORMATION
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PERSONAL INFORMATION		
Student's Name	N	Ale/Female (circle one)
Date of Student's Birth:/ Age of Student's Age of	dent on Last Birthday: Grade for Cur	rrent School Year:
Current Physical Address		
Current Home Phone # () Pa	arent/Guardian Current Cellular Phone # ()
Fall Sport(s): Winter Sport(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 Emergency P	hysician or Other Medical Personnel Shou	Id be Aware
Student's Prescription Medications and conditions of wh	ich they are being prescribed	
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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 the _____

born on

_____ School _____ public school district, g the 20____ - 20____ school year

to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20_____ - 20_____ school 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		В
Country		В
Field		
Hockey		
Football		C S C
Golf		G
Soccer		R
Girls'		S
Tennis		а
Girls'		Т
Volleyball		(
Water		Ŵ
Polo		С
Other		U

Basketball Bowling Competitive Spirit Squad Girls' Gymnastics Rifle Swimming and Diving Track & Field (Indoor) Wrestling Other	Winter Sports	Signature of Parent or Guardian	
Competitive Spirit Squad Girls' Gymnastics Rifle Swimming and Diving Track & Field (Indoor) Wrestling	Basketball		
Spirit Squad Girls' Gymnastics Rifle Swimming and Diving Track & Field (Indoor) Wrestling	Bowling		
Gymnastics Rifle Swimming and Diving Track & Field (Indoor) Wrestling			
Swimming and Diving Track & Field (Indoor) Wrestling			
and Diving Track & Field (Indoor) Wrestling	Rifle		
(Indoor) Wrestling	0		
0			
Other	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 <u>www.piaa.org</u>, 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

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 ___

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 /__/

Date / /

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.

_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.

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

SECTION 5: HEALTH HISTORY

Age_____

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.
	~	participation in sport(s) for any reason?			asi
	2.	Do you have an ongoing medical condition (like asthma or diabetes)?			24. bre
	3.	Are you currently taking any prescription or			25.
	0.	nonprescription (over-the-counter) medicines			asi
		or pills?			26.
	4.	Do you have allergies to medicines,	_	_	ast
	-	pollens, foods, or stinging insects?			27.
	5.	Have you ever passed out or nearly passed out DURING exercise?			a k
	6.	Have you ever passed out or nearly			orç 28.
	0.	passed out AFTER exercise?			(m
	7.	Have you ever had discomfort, pain, or	_	_	29. `
		pressure in your chest during exercise?			or
	8.	Does your heart race or skip beats during	-	_	30.
	9.	exercise? Has a doctor ever told you that you have			CONCL
	5.	(check all that apply):			31.
		High blood pressure			rur
		High cholesterol 🔲 Heart infection			inju
	10.	Has a doctor ever ordered a test for your	_	_	32.
	11	heart? (for example ECG, echocardiogram) Has anyone in your family died for no			COL
	11.	apparent reason?			33. he
	12.	Does anyone in your family have a heart			34.
		problem?			35.
	13.	Has any family member or relative been			we
		disabled from heart disease or died of heart	_	_	or
	14.	problems or sudden death before age 50? Does anyone in your family have Marfan			36.
	14.	syndrome?			arr 37.
	15.	Have you ever spent the night in a		-	se'
		hospital?			38.
г	16.	Have you ever had surgery?			ing
	17.	Have you ever had an injury, like a sprain,			dis
		muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest?			39. eye
		If yes, circle affected area below:			40.
	18.	Have you had any broken or fractured			41.
		bones or dislocated joints? If yes, circle	_	_	go
	10	below:			42.
	19.	Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections,			43. 44.
		rehabilitation, physical therapy, a brace, a			yor
		cast, or crutches? If yes, circle below:			45.
	Head		Hand/ Fingers	Chest	ea
	Uppe	arm er Lower Hip Thigh Knee Calf/shin	Ankle	Foot/	46.
	back			Toes	like FEMAL
	20. 21.	Have you ever had a stress fracture? Have you been told that you have or have			47.
		you had an x-ray for atlantoaxial (neck)			48.
		instability?			me
	22.	Do you regularly use a brace or assistive	_	_	49.
		device?			las
Г		#20		-	50. (plain "Yes" ans
		#'s		C)	upiani res ansi

		Yes	No
23.	Has a doctor ever 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	_	_
26	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		
~~	organ?		
28.	Have you had infectious mononucleosis (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	_	_
~~			
31.	NCUSSION OR TRAUMATIC BRAIN INJURY Have you ever had a concussion (i.e. bell		
51.	rung, ding, head rush) or traumatic brain		
	injury?		
32.	Have you been hit in the head and been	_	_
22	confused or lost your memory?		
33.	Do you experience dizziness and/or headaches with exercise?		
34.	Have you ever had a seizure?	- 6	H
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		
0	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	_	_
20	disease?		
39.	Have you had any problems with your eyes or vision?		
40.	Do you wear glasses or contact lenses?	H	H
41.	Do you wear protective eyewear, such as	_	_
	goggles or a face shield?		
42.	Are you unhappy with your weight?	H	H
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	_	_
4.6	eat?		
46.	Do you have any concerns that you would		
FEN	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		
	menstrual period?		
49.	How many periods have you had in the		
50.	last 12 months? Are you pregnant?		
	nswers here:		
5 0			

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

Student's Signature _

Date	1	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

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

		thorized Medical Examiner (AME) performing the herein named student's comprehensive 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 b primary care physician is reco		(BP) or resting pulse (RP) is above the following levels, further evaluation by the student's
Age 10-12: BP: >126/82, RP	: >104; Age 1 3	3-15: BP: >136/86, RP >100; Age 16-25: BP: >142/92, RP >96.
Vision: R 20/ L 20/	Correc	ted: YES NO (circle one) Pupils: Equal Unequal
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		 Heart murmur Femoral pulses to exclude aortic coarctation Physical stigmata of Marfan syndrome
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Neck Back		
Back		
Back Shoulder/Arm		
Back Shoulder/Arm Elbow/Forearm		
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers		
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh		
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh Knee		
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh Knee Leg/Ankle Foot/Toes I hereby certify that I have re herein named student, and, of the student is physically fit to	on the basis of participate in	ALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh Knee Leg/Ankle Foot/Toes I hereby certify that I have re herein named student, and, o the student is physically fit to by the student's parent/guard	on the basis of participate in lian in Section	such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh Knee Leg/Ankle Foot/Toes I hereby certify that I have re herein named student, and, o the student is physically fit to by the student's parent/guard CLEARED CLEARED CLEARED	on the basis of participate in lian in Section ARED, with rec following types T	such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form: ommendation(s) for further evaluation or treatment for: of sports (please check those that apply): contact I Strenuous Moderately Strenuous Non-strenuous
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh Knee Leg/Ankle Foot/Toes I hereby certify that I have re herein named student, and, o the student is physically fit to by the student's parent/guard CLEARED CLEARED for the file COLLISION CONTACT Due to	on the basis of participate in lian in Section ARED, with rec following types T INON-C	such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form: ommendation(s) for further evaluation or treatment for: of sports (please check those that apply): contact I STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh Knee Leg/Ankle Foot/Toes I hereby certify that I have re herein named student, and, o the student is physically fit to by the student's parent/guard CLEARED CLEARED for the f COLLISION CONTACT Due to Recommendation(s)/Ref	on the basis of participate in lian in Section ARED, with rec following types T □ NON-C	such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form: ommendation(s) for further evaluation or treatment for: of sports (please check those that apply): contact I STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS
Back Shoulder/Arm Elbow/Forearm Wrist/Hand/Fingers Hip/Thigh Knee Leg/Ankle Foot/Toes I hereby certify that I have re herein named student, and, o the student is physically fit to by the student's parent/guard CLEARED CLEARED for the file COLLISION CONTACT Due to Recommendation(s)/Ref	on the basis of participate in lian in Section ARED, with rec following types T □ NON-C	such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form: ommendation(s) for further evaluation or treatment for: of sports (please check those that apply): contact I STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS