

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'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 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
	LINGONAL		

PERSONAL INFORMATION		
Student's Name		Male/Female (circle one)
Date of Student's Birth:// Age of Stud	lent on Last Birthday: Grade for Cu	urrent 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	ship
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 Ph	nysician or Other Medical Personnel Shou	uld be Aware
Student's Prescription Medications and conditions of which	ch 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 aive my consent for

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on his/her last birthday, a

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	Schoo	bl	and
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on

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	

Β. 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

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

Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named D. 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

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_ / _/_

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.

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 fatigue (extreme tiredness) lightheadedness weakness shortness of breath difficulty breathing vomiting racing or fluttering heartbeat (palpitations) chest pains
- syncope (fainting)

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

SECTION 5: HEALTH HISTORY

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

Γ		#'s						Ex	plain "Yes
		device?							Ę
	22.	instability Do yo							2
	21.		u been told an x-ray fo						2
	back 20.	Have	you ever ha					Toes	
		er Lower	Shoulder Hip	Upper arm Thigh		Forearm Calf/shin	Hand/ Fingers Ankle	Chest Foot/	2
	Цел	rehabilita cast, or o	ation, physic crutches?	cal therap f yes, circ	y, a brad	ce, a r:		Chest	2
	19.	Have you	u had a bor x-rays, MR						2
	18.		u had any b dislocated						
	10	caused y If yes, c	or ligament ou to miss ircle affecte	a Practice d area be	e or Con elow:	itest?			2
[16. 17.	Have yo	you ever had	l an injur	y, like a				
		hospital?	> ·						3
	15.	syndrom							:
	14.	problems	from heart s or sudder yone in you	death be	fore age	e 50?			:
	13.	problem Has any	? family men	nber or re	lative be	en			
	12.		t reason? yone in yoι	ır family h	ave a he	eart			Ļ
	10.	heart? (f Has a	or example nyone in yo	ECG, ecl	nocardio	gram)			
		High blood High chole	II that apply d pressure esterol 🔲 H octor ever o	leart infed					
	9.		doctor eve	•	that you	u have			
	8.	Does yo	ur heart rac						3
	7.	Have yo	ou ever had e in your ch	discomfo	rt, pain,				2
	6.	. Have	you ever pa	assed out	or near	У			
	5.	Have yo	u ever pass out DURINO	ed out or	nearly				
	4.	•	have allergi foods, or st						2
	3.		currently ta cription (ove						2
	2.	Do you h (like asth	nave an ong nma or diab	oing med etes)?	lical con	dition			2
	1.		octor ever d tion in spor						2
							Yes	No	

		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 asthma?		
26.	Have you ever used an inhaler or taken asthma medicine?		
27.	Were you born without or are your missing a kidney, an eye, a testicle, or any other		
28.	organ? Have you had infectious mononucleosis		
29.	(mono) within the last month? Do you have any rashes, pressure sores, or		
30.	other skin problems? Have you ever had a herpes skin		
	infection?		
	NCUSSION OR TRAUMATIC BRAIN INJURY		
31.	Have you ever had a concussion (i.e. bell		
	rung, ding, head rush) or traumatic brain injury?		
32.	Have you been hit in the head and been confused or lost your memory?		
33.	Do you experience dizziness and/or		
34.	headaches with exercise? Have you ever had a seizure?		
35.	Have you ever had numbness, tingling, or weakness in your arms or legs after being hit		-
36.	or falling? Have you ever been unable to move your		
37.	arms or legs after being hit or falling? When exercising in the heat, do you have		
	severe muscle cramps or become ill?		
38.	Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?		п
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.	Are you trying to gain or lose weight?		Н
44.	Has anyone recommended you change your weight or eating habits?		
45.	Do you limit or carefully control what you eat?		
46.	Do you have any concerns that you would		
FEI	like to discuss with a doctor? MALES ONLY	H	H
47.	Have you ever had a menstrual period?	H	H
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?		
es" a	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_

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

		Medical Examiner (AME) perfection of the perfection of the principal, or the principal, or the principal or the perfection of the perfective set of the pe			
Student's Name				Age	Grade
Enrolled in		School Sport(s)			
HeightWeight_	% Body Fat (optional)	Brachial Artery BP	_/_	(/) RP
If either the brachial artery primary care physician is red Age 10-12: BP: >126/82, RI	blood pressure (BP) or commended. P: >104; Age 13-15: BP:	resting pulse (RP) is above th >136/86, RP >100; Age 16-25 S NO (circle one) Pupils:	ne followi	ng levels, fur I2/92, RP >96	ther evaluation by the studen
MEDICAL	NORMAL	ABN	ORMAL	FINDINGS	
Appearance					
Eyes/Ears/Nose/Throat					
Hearing					
Lymph Nodes					
Cardiovascular		rt murmur 🔲 Femoral pulses to ex sical stigmata of Marfan syndrome	clude aort	ic coarctation	
Cardiopulmonary					
Lungs					
Abdomen					
Genitourinary (males only)					
Neurological					
Skin					
MUSCULOSKELETAL	NORMAL	ABN	ORMAL I	FINDINGS	
Neck					
Back					
Shoulder/Arm					
Elbow/Forearm					
Wrist/Hand/Fingers					
Hip/Thigh					
Knee					
Leg/Ankle					
Foot/Toes					
herein named student, and, the student is physically fit to	on the basis of such even o participate in Practices	ORY, performed a comprehens aluation and the student's HEA , Inter-School Practices, Scrim PIAA Comprehensive Initial Pre	стн <mark>Н</mark> ізто mages, a	DRY, certify than nd/or Contest	at, except as specified below, ts in the sport(s) consented to
	ARED, with recommend	ation(s) for further evaluation o	r treatme	nt for:	
			• ·	Strenuous	Non-strenuous
Due to					
Recommendation(s)/Re	eferral(s)				
AME's Name (print/type)					icense #
Auuless				Prione ()	
AME's Signature	MD. DO. PA	AC, CRNP, or SNP (circle one) Ce	ertification	Date of CIPF	PE / /