

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 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) Telephone # () Address 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

Revised: March 22, 2017

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 Signature of Parent Winter Signature of Parent Signature of Parent **Sports** or Guardian or Guardian **Sports** or Guardian Sports Basketball Baseball Cross Country Bowling Boys' Field Lacrosse Competitive Hockey Girls' Spirit Squad Football Lacrosse Girls' Golf Softball Gymnastics Soccer Bovs' Rifle Tennis Girls' Swimming Track & Field **Tennis** and Diving (Outdoor) Girls' Track & Field Boys' Volleyball (Indoor) Volleyball Water Wrestling Other Polo Other Other 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 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 / / 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 / / 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 / / **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 quardian(s).

Parent's/Guardian's Signature

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 trauma participating in interscholastic athletics, including the risks associated with continuing to compete traumatic brain injury.			
Student's Signature	_Date	_/	_/
I hereby acknowledge that I am familiar with the nature and risk of concussion and trauma participating in interscholastic athletics, including the risks associated with continuing to compete 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.

ve reviewed and understand the sympt	oms and warning signs of SCA.	
Signature of Student-Athlete	Print Student-Athlete's Name	Date//
orginature or olddorit / timeto	Thin Gladon Admote a Name	Data / /
Signature of Parent/Guardian	Print Parent/Guardian's Name	Date//

Student's Name			Age	Grade_	
	SECT	ION 5	: HEALTH HISTORY		
Explain "Yes" answers at the bottom of	this form				
Circle questions you don't know the ans					
Has a doctor ever denied or restricted your control of the co	Yes	No	23. Has a doctor ever told you that you have	Yes	No
participation in sport(s) for any reason? 2. Do you have an ongoing medical condition			asthma or allergies? 24. Do you cough, wheeze, or have difficulty		
(like asthma or diabetes)? 3. Are you currently taking any prescription			breathing DURING or AFTER exercise? 25. Is there anyone in your family who has		
nonprescription (over-the-counter) medicine or pills?			asthma? 26. Have you ever used an inhaler or taken		
Do you have allergies to medicines, pollens, foods, or stinging insects?			asthma medicine? 27. Were you born without or are your missing		
5. Have you ever passed out or nearly passed out DURING exercise?			a kidney, an eye, a testicle, or any other		
6. Have you ever passed out or nearly passed out AFTER exercise?	_		organ? 28. Have you had infectious mononucleosis (mono) within the last month?		
7. Have you ever had discomfort, pain, or			29. Do you have any rashes, pressure sores,	_	
pressure in your chest during exercise? 8. Does your heart race or skip beats during			or other skin problems? 30. Have you ever had a herpes skin		
exercise? 9. Has a doctor ever told you that you have			infection? CONCUSSION OR TRAUMATIC BRAIN INJURY		
(check all that apply): High blood pressure Heart murmu	ır		31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain	_	
☐ High cholesterol☐ Heart infectionHas a doctor ever ordered a test for your		_	injury? 32. Have you been hit in the head and been	_	
heart? (for example ECG, echocardiogram) 11. Has anyone in your family died for no			confused or lost your memory? 33. Do you experience dizziness and/or		
apparent reason?Does anyone in your family have a heart			headaches with exercise? 34. Have you ever had a seizure?		
problem? 13. Has any family member or relative been			 Have you ever had numbness, tingling, or weakness in your arms or legs after being hit 		
disabled from heart disease or died of heart problems or sudden death before age 50?	t 🔲		or falling? 36. Have you ever been unable to move your		
14. Does anyone in your family have Marfan syndrome?			arms or legs after being hit or falling? 37. When exercising in the heat, do you have		
15. Have you ever spent the night in a hospital?	R	H	severe muscle cramps or become ill? 38. Has a doctor told you that you or someone		
16. Have you ever had surgery?17. Have you ever had an injury, like a sprain	_		in your family has sickle cell trait or sickle cell disease?		
muscle, or ligament tear, or tendonitis, whic caused you to miss a Practice or Contest?			39. Have you had any problems with your eyes or vision?		_
If yes, circle affected area below: 18. Have you had any broken or fractured			40. Do you wear glasses or contact lenses? 41. Do you wear protective eyewear, such as		
bones or dislocated joints? If yes, circle below:			goggles or a face shield? 42. Are you unhappy with your weight?		R
 Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections 	_	_	43. Are you trying to gain or lose weight? 44. Has anyone recommended you change		
rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:			your weight or eating habits? 45. Do you limit or carefully control what you		
Head Neck Shoulder Upper Elbow Forear arm	Fingers	Chest	eat? 46. Do you have any concerns that you would		
Upper Lower Hip Thigh Knee Calf/sh back back 20. Have you ever had a stress fracture?	nin Ankle	Foot/ Toes	like to discuss with a doctor? FEMALES ONLY		
20. Have you ever had a stress fracture?21. Have you been told that you have or hav you had an x-ray for atlantoaxial (neck)			47. Have you ever had a menstrual period? 48. How old were you when you had your first		
instability?			menstrual period?		
22. Do you regularly use a brace or assistive device?			49. How many periods have you had in the last 12 months?		_
#'s		E	50. Are you pregnant? xplain "Yes" answers here:		
I hereby certify that to the best of my kn	owledge al	l of the	e 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.

_Date___/__/

Parent's/Guardian's Signature _____

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___ _____School Sport(s) Enrolled in _____ 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. Pupils: Equal Unequal Corrected: YES NO (circle one) Vision: R 20/____ L 20/____ MEDICAL NORMAL ABNORMAL FINDINGS Appearance Eyes/Ears/Nose/Throat Hearing Lymph Nodes Heart murmur Femoral pulses to exclude aortic coarctation Cardiovascular 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/quardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form: **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) Address__ AME's Signature MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE //