

# 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 May 1<sup>st</sup> and shall be effective, regardless of when performed during a school year, until the latter of the next April 30<sup>th</sup> 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 \_\_\_\_\_ Parent/Guardian Current Cellular Phone # ( ) Current Home Phone # ( Parent/Guardian E-mail Address:\_\_\_\_\_ Fall 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) Address \_\_\_\_\_\_Telephone # ( ) \_\_\_\_\_\_ 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 24, 2024 BOD approved

#### 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 Spring Signature of Parent **Sports** or Guardian or Guardian Sports **Sports** or Guardian Cross Basketball Baseball 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 Bovs' 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 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. Date / / Parent's/Guardian's Signature \_\_\_ 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).

Date

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) 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.

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

04	-W- Now-						A	Oneda	
Studer	nt's Name						Age	Grade	
			SE	CTION	5: HEALTH H	IIST	ORY		
Expla	ain "Yes" answers a	t the bottom of this	form.						
	e questions you don		rs to.					.,	
1.	Has a doctor ever den	ied or restricted your	Yes	No	23.		Has a doctor ever told you that you have	Yes	No 🗖
	articipation in sport(s) fo	or any reason?			0.4		sthma or allergies?		Ц
2. (I	Do you have an ongoing ike asthma or diabetes)				24.		Do you cough, wheeze, or have difficulty reathing DURING or AFTER exercise?		
3.	Are you currently takin onprescription (over-the				25.		Is there anyone in your family who has		
	r pills?	-counter) medicines			26.		sthma? Have you ever used an inhaler or taken		$\Box$
4.	Do you have allergies ollens, foods, or stinging				27.		sthma medicine? Were you born without or are your missing	_	_
5.	Have you ever passed	out or nearly			21.	а	kidney, an eye, a testicle, or any other		
6.	assed out DURING exe Have you ever passed				28.		rgan?  Have you had infectious mononucleosis	_	_
р	assed out AFTER exerc	cise?			_	(n	mono) within the last month?	ш	ш
7.	Have you ever had dis pressure in your chest d				29.		Do you have any rashes, pressure sores, rother skin problems?		
8.	Does your heart race of				30.		Have you ever had a herpes skin		
9.	xercise? Has a doctor ever told	you that you have	_		CC		fection?		_
_ `	check all that apply):	<i>,</i> ,			31.		Have you ever had a concussion (i.e. bell		
_	gh blood pressure	Heart murmur		ч			ung, ding, head rush) or traumatic brain njury?		
10.	gh cholesterol 🖵 Heart Has a doctor ever orde		_	_	32.		Have you been hit in the head and been		
	eart? (for example ECG	, echocardiogram)			33.		onfused or lost your memory?  Do you experience dizziness and/or		
11. a	Has anyone in your fait pparent reason?	mily died for no			34.		eadaches with exercise?  Have you ever had a seizure?		
12.	Does anyone in your fa	amily have a heart			34. 35.		Have you ever had numbness, tingling, or		ш
13.	roblem? Has any family membe	er or relative been	_		00.	W	reakness in your arms or legs after being hit		
d	isabled from heart disea	se or died of heart			36.		r falling? Have you ever been unable to move your	_	_
14.	roblems or sudden deat Does anyone in your fa					aı	rms or legs after being hit or falling?	Ш	Ц
15.	Syndrome?  Have you ever spent the	ho night in a			37.		When exercising in the heat, do you have evere muscle cramps or become ill?		
	ospital?	ne nigni in a			38.		Has a doctor told you that you or someone		П
16.	Have you ever had su	<u> </u>			<b>-</b>		your family has sickle cell trait or sickle cell isease?	Ц	_
17.	Have you ever had an nuscle, or ligament tear,		_	_	39.		Have you had any problems with your yes or vision?		
С	aused you to miss a Pra	actice or Contest?			40.		Do you wear glasses or contact lenses?		
18.	If yes, circle affected are Have you had any bro				41.		Do you wear protective eyewear, such as		
b	ones or dislocated joints				42.	_	oggles or a face shield? Are you unhappy with your weight?		
19.	elow: Have you had a bone	or joint injury that			43.		Are you trying to gain or lose weight?		<b>]</b>
re	equired x-rays, MRI, CT	, surgery, injections,			44.		Has anyone recommended you change		
	ehabilitation, physical the ast, or crutches? If yes,	circle below:			45.	,	our weight or eating habits?  Do you limit or carefully control what you	_	
Head	Neck Shoulder Upp arm	1	Hand/ Fingers	Chest		ea	at?		
Upper back	Lower Hip Thie back		Ankle	Foot/ Toes	46.		Do you have any concerns that you would ke to discuss with a doctor?		
20.	Have you ever had a s				ME		TRUAL QUESTIONS- IF APPLICABLE		
21. v	Have you been told the ou had an x-ray for atlar				47.		Have you ever had a menstrual period?		
ir	nstability?			_	48.		How old were you when you had your first		
22.	Do you regularly use a evice?	a brace or assistive			49.		nenstrual period?  How many periods have you had in the		
					E0		st 12 months?		
#'s Explain "Yes" answers here:									
#	3				Explain 168	allS	weis litit.		
I here	by certify that to the be	est of my knowledge	all of the	e inforn	nation herein is	s tru	ue and complete.		
Student's SignatureDate/									

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

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. \_\_\_\_\_ Age\_\_\_\_ Student's Name \_\_\_\_\_School Sport(s) \_\_\_\_\_ Enrolled in \_\_\_ 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. Corrected: YES NO (circle one) Vision: R 20/\_\_\_\_ L 20/\_\_\_\_ Pupils: Equal\_\_\_\_ Unequal\_\_\_\_ 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/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form: □ 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) License # AME's Name (print/type) \_\_\_\_\_ Phone ( Address\_\_\_\_\_

\_\_\_\_\_MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE \_\_\_/\_\_\_/\_\_\_

AME's Signature \_\_\_\_