

## 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 Stu	ident on Last Birthday: Grade for Cu	rrent School Year:
Current Physical Address			
Current Home Phone # ( )_	P	Parent/Guardian Current Cellular Phone # (	)
Parent/Guardian E-mail Address:_			
Fall Sport(s):	Winter Sport(s): _	Spring Sport(s): _	
EMERGENCY INFORMATION			
Parent's/Guardian's Name		Relation	ship
Address		Emergency Contact Telephone # (	)
Secondary Emergency Contact Pe	erson'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 W	/hich an Emergency F	Physician or Other Medical Personnel Shou	uld be Aware
Student's Prescription Medications	s and conditions of wh	hich 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 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.

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.

Signature of Parent or Guardian	
	1 -
	1

Winter Sports	Signature of Parent or Guardian	
Basketball		1
Bowling		
Competitive Spirit Squad		
Girls' Gymnastics		
Rifle		1
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	

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

**Disclosure of records needed to determine eligibility:** To enable PIAA to determine whether the herein named C. 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 7 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 / /

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) 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;

- Fatigue (extreme or recent onset of tiredness)
- Weakness;
- Chest pains/pressure or tightness during or after exercise.

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that is not asthma related;Racing, skipped beats or fluttering heartbeat (palpitations)

Shortness of breath or difficulty breathing with 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.

		Dale//
Signature of Student-Athlete	Print Student-Athlete's Name	
		Date / /

Signature of Parent/Guardian

Print Parent/Guardian's Name

PA Department of Health/CDC: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet Acknowledgement of Receipt and Review Form. 7/2012 PIAA Revised October 28, 2020

# SECTION 5: HEALTH HISTORY

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

Cir	cle questions you don't know the answe		No
1.	Has a doctor ever denied or restricted your	Yes	No
2.	participation in sport(s) for any reason? Do you have an ongoing medical condition		
3.	(like asthma or diabetes)? Are you currently taking any prescription or	-	_
	nonprescription (over-the-counter) medicines		
4.	or pills? Do you have allergies to medicines,		
5.	pollens, foods, or stinging insects? Have you ever passed out or nearly		
6.	passed out DURING exercise? Have you ever passed out or nearly		
7.	passed out AFTER exercise? Have you ever had discomfort, pain, or		_
	pressure in your chest during exercise?		
8.	Does your heart race or skip beats during exercise?		
9.	Has a doctor ever told you that you have (check all that apply):		
	High blood pressure		
_	High cholesterol  Heart infection		
10.	Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)		
11.	Has anyone in your family died for no		
12.	apparent reason? Does anyone in your family have a heart		
13.	problem? Has any family member or relative been		
10.	disabled from heart disease or died of heart problems or sudden death before age 50?		
14.	Does anyone in your family have Marfan		
15.	Syndrome? Have you ever spent the night in a		
10	hospital?		
16. 17.	Have you ever had surgery? 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:	_	_
18.	Have you had any broken or fractured		
	bones or dislocated joints? If yes, circle below:		
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:		
Head	l Neck Shoulder Upper Elbow Forearm	Hand/	Chest
Uppe		Fingers Ankle	Foot/
back 20.	<sup>back</sup> Have you ever had a stress fracture?		Toes
21.	Have you been told that you have or have		
	you had an x-ray for atlantoaxial (neck) instability?		
22.	Do you regularly use a brace or assistive device?		

		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 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 infection?		
CO			
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 headaches with exercise?		
34.	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		
38.	severe muscle cramps or become ill? Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell		
39.	disease? Have you had any problems with your eyes or vision?		
40.	Do you wear glasses or contact lenses?		
41.	Do you wear protective eyewear, such as goggles or a face shield?		
42.	Are you unhappy with your weight?		
43.	Are you trying to gain or lose weight?		
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 like to discuss with a doctor?		
ME	NSTRUAL QUESTIONS- IF APPLICABLE		
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 last 12 months?		

#'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

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

Parent's/Guardian's Signature

50. When was your last menstrual period?

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

Must be completed and sig initial pre-participation physic					
Student's Name				Age	Grade
Enrolled in		School	Sport(s)		
Height Weight	% Body Fat	(optional) Brachial	Artery BP/	(/	,/) RP
If either the brachial artery primary care physician is rec		e (BP) or resting pulse (RP	) is above the follow	ving levels, furthe	r evaluation by the student's
Age 10-12: BP: >126/82, RP		<b>3-15:</b> BP: >136/86, RP >100	0; <b>Age 16-25:</b> BP: >1	42/92, 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 D Femo	oral pulses to exclude a	ortic coarctation	
		Physical stigmata of Mai	fan 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 re herein named student, and, the student is physically fit to by the student's parent/guard	on the basis o participate in	f such evaluation and the s Practices, Inter-School Pra	tudent's HEALTH HIS ctices, Scrimmages,	TORY, certify that, and/or Contests i	except as specified below, n the sport(s) consented to
	EARED with re	commendation(s) for furthe	r evaluation or treatm	nent for:	
<b>NOT CLEARED</b> for the	following types	s of sports (please check the	ose that apply):		
			s 🔲 Moderatel	STRENUOUS	NON-STRENUOUS
	ст 🛛 Non-				INON-STRENOOUS
COLLISION CONTAC					
COLLISION CONTAC Due to Recommendation(s)/Refer	ral(s)			Lice	nse #

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