STEEL VALLEY SCHOOL DISTRICT
ATHLETIC DEPARTMENT
SPORTS PHYSICAL FORM
(HIGH SCHOOL AND MIDDLE SCHOOL)

Free physicals will be given at Steel Valley High School on May 30th, May 31st and June 5th from 8:30 am – 2:00 pm. Completed forms must be in prior to May 24, 2019.

READ THE FOLLOWING INFORMATION VERY CAREFULLY:
In order to participate in a sport, ALL ATHLETES MUST receive a physical.

Physicals are effective June 1, 2019 through the end of the 2019-2020 spring sports season.
When completing the physical form packet, make sure all the pages are filled out completely.

SECTION 1 – PERSONAL AND EMERGENCY INFORMATION
Parent or guardian must fill out this page completely.
Insurance information must be provided. (policy numbers)
Please sign for ALL SPORTS that your child may play during the 2019-2020 school year.

SECTION 2 – CERTIFICATION OF PARENT/GUARDIAN
Parent or guardian must fill out this page completely.

SECTION 3 – UNDERSTANDING THE RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY
Parent or guardian and student athlete must sign.

SECTION 4 – UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS.
Parent or guardian and student athlete must sign.

SECTION 5 – HEALTH HISTORY
Parent or guardian must fill out this page completely.

SECTION 6 – PIAA COMPREHENSIVE PHYSICAL EVALUATION
Physician must fill out this page completely, sign and date at the bottom and MUST have the physician’s official stamp

THE SCHOOL DISTRICT WILL NOT ACCEPT ANY OTHER PROOF OF PHYSICAL. ALL ATHLETES MUST USE THIS PIAA CIPPE FORM.

RETURN ALL PAGES OF THE COMPLETED PHYSICAL FORM PACKET TO THE ATHLETIC OFFICE. DO NOT TURN THE FORMS INTO ANYONE ELSE. STUDENTS MAY NOT PARTICIPATE WITHOUT A COMPLETED PHYSICAL.

All athletes will need a completed re-certification form to compete in more than one sport during the school year.

Fall Practice begins:
August 12, 2019
JV/Varsity Girls’ Soccer
JV/Varsity Boys’ Soccer
JV/Varsity Cheerleading
JV/Varsity Football
Cross Country
Golf
JV/Varsity Girls’ Volleyball
August 19, 2019
7th/8th Girls’/Boys’ Soccer
August 26, 2019
7th/8th Girls’ Volleyball
September 3, 2019
Middle School Swimming
October 21, 2019
7th/8th Grade Boys’ Basketball
Middle School Cheerleading

Winter practice begins:
November 18, 2019
JV/Varsity Boys’ Basketball
JV/Varsity Girls’ Basketball
JV/Varsity Wrestling
JV/Varsity Swimming

Spring practice begins:
March 2, 2020
JV/Varsity Baseball
JV/Varsity Softball
JV/Varsity Boys’ Volleyball

7th/8th Grade Girls’ Basketball
January 2, 2020
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 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)

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 22, 2017
The student's parent/guardian must complete all parts of this form.

A. I hereby give my consent for __________________________ born on __________________________ 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.

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<th>Fall Sports</th>
<th>Signature of Parent or Guardian</th>
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<td>Cross Country</td>
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<td>Field Hockey</td>
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<td>Soccer</td>
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<td>Girls’ Tennis</td>
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<td>Girls’ Volleyball</td>
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<tr>
<td>Water Polo</td>
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<th>Winter Sports</th>
<th>Signature of Parent or Guardian</th>
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<td>Basketball</td>
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<td>Bowling</td>
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<td>Competitive Spirit Squad</td>
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<td>Girls’ Gymnastics</td>
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<td>Rifle</td>
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<td>Swimming and Diving</td>
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<td>Track &amp; Field (Indoor)</td>
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<td>Wrestling</td>
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<th>Spring Sports</th>
<th>Signature of Parent or Guardian</th>
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<td>Baseball</td>
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<td>Boys’ Lacrosse</td>
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<td>Softball</td>
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<td>Boys’ Tennis</td>
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<td>Track &amp; Field (Outdoor)</td>
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<tr>
<td>Boys’ Volleyball</td>
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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 __________________________________________ Date ___ / ___ / ___

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 videos, photos, 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 ___ / ___ / ___

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 participating 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 5 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 ___ / ___ / ___
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 __/__/____
WHAT IS SUGDEN 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 SUGDEN 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

PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form. 7/2012
SECTION 5: HEALTH HISTORY

Explain “Yes” answers at the bottom of this form. Circle questions you don’t know the answers to.

1. Has a doctor ever denied or restricted your participation in sport(s) for any reason? Yes No
2. Do you have an ongoing medical condition (like asthma or diabetes)? Yes No
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? Yes No
4. Do you have allergies to medicines, pollens, foods, or stinging insects? Yes No
5. Have you ever been passed out or nearly passed out during exercise? Yes No
6. Have you ever passed out or nearly passed out after exercise? Yes No
7. Have you ever had discomfort, pain, or pressure in your chest during exercise? Yes No
8. Does your heart race or skip beats during exercise? Yes No
9. Has a doctor ever told you that you have (check all that apply):
   □ High blood pressure □ Heart murmur
   □ High cholesterol □ Heart infection
10. Has a doctor ever ordered a test for your heart? (for example EKG, echocardiogram) Yes No
11. Has anyone in your family died for no apparent reason? Yes No
12. Does anyone in your family have a heart problem? Yes No
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50? Yes No
14. Does anyone in your family have Marfan syndrome? Yes No
15. Have you ever spent the night in a hospital? Yes No
16. Have you ever had surgery? Yes No

17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendinitis, which caused you to miss a practice or contest? Yes No
   If yes, circle affected area below:
18. Have you had any broken or fractured bones or dislocated joints? Yes No
   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? Yes No
   If yes, circle below:

   Head Neck Shoulder Upper Arm Forearm Hand Finger Ankle Foot Toes
   Upper Hip Thigh Knee Calf/Ankle

20. Have you ever had a stress fracture? Yes No
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? Yes No
22. Do you regularly use a brace or assistive device? Yes No

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<th>Explain “Yes” answers here:</th>
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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 ____________________________ Date _____ / _____ / _____
**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 _______ Grade _______

Enrolled in ___________________________ School _______ Sport(s) _______

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.

Vision: R 20/____ L 20/____ Corrected: YES NO (circle one) Pupils: Equal____ Unequal____

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<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
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<tbody>
<tr>
<td>Appearance</td>
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<tr>
<td>Eyes/Ears/Nose/Throat</td>
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<td>Lymph Nodes</td>
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<td>□ Heart murmur</td>
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<td>Femoral pulses to exclude aortic coarctation</td>
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<td>□ Physical stigmata of Marfan syndrome</td>
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<td>Foot/Toes</td>
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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 □ NOT CLEARED, with recommendation(s) for further evaluation or treatment for: ____________________________

□ CLEARED □ 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) ____________________________ License # ____________________________

AME’s Address ____________________________ Phone ( ) ____________________________

AME’s Signature ____________________________ MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE __/____/____