# 2025-2026 CCA

# Sports Registration Form

# **Student Information**

| Name:  | DOB:  |  | <u> Age</u>   |   |
|--|---|--|---|---|
| Grade in 25-26 School Year   |   |  |   |   |
| Address:   |   |  |   |   |
| School District You Reside   | In:   | -  |   |   |
| Sport you are trying out for<br>Level (circle one): Middle S   | :<br>chool (6th-8th grade) / High   | ı School (9th-12t  | h grade)  |   |
| Medical Informati  | on  |  |   |   |
| Athlete's Medical Insurance  | e Company   | _ Policy #   |   |   |
| Please check here if your a<br>home to you)  | thlete is <b>not</b> covered under r  | medical insurand   | e   | (we will send a waiver  |
| Are there any physical limit<br>Trainer? (ex: severe allergy   | ations and/or problems that, recent broken bone, concus   | t should be knov<br>ssion, etc.)   |   |   |
| Contact Informati  | <b>ON</b> Fathe   | er/Guardian Nam  | ne:   |   |
| Mother/Guardian Name   | rank  | ci, Gaaraian man   | 101   |   |
|  | o on file with the school's da<br>to our Athletic Emails list, p  |  |   |   |
| consideration of the nam Calvary Christian Acade student may suffer while Calvary Christian Acaden named student arising of spirit of the PIAA by-law Academy, to take part in the questions about a correct. By registering, Participation in C | rmission to have my child taken ed student being permitted to p my and its employees and agent aparticipating in interscholastic at of participation in interscholasts, Article IV, Section 1, I give context accurricular athletic activities and that, to the best of my knowly you agree to be bound by the text access, you may obtain a context access. | earticipate in the intents from all liability as sports. We also a serious from any and all estic sports. As welfors in the sport note ledge, my answers from a Calvary Chest of | terscholastic spo<br>for any harm, inju-<br>gree to indemnify<br>claims asserted in<br>all, in accordance in<br>daughter, a pupil in<br>ad above, I state to<br>to the questions<br>apel of Philadelp<br>a/church-activitie | ort, we hereby release oury or death that the our and save harmless by or on behalf of the with the purpose and of Calvary Christian hat I have answered are complete and hia's Resolution on s-resolution/ |
| Parent   | Signature and Date:   |  |   | <u> </u>  |



# 2025-2026 CCA Athletics Commitment Contract

Athletes, please read and sign below:

- I have read the entire Athletic Handbook (found at cca.cphilly.org/athletics), and I understand the philosophy and policies contained in it. I agree to abide by these policies.
- 2. I understand that joining a team requires a high level of commitment. Therefore, if I am selected to the team, I will not quit before the season is completed. I will also be at all games, practices, and team functions barring illness or injury. If I am going to be absent or late to a practice or game, I will give my coaches advance notice.
- 3. I understand that being selected for a team is not a guarantee of any set amount of playing time. I agree that the coach has authority to dictate playing time based on his/her evaluation of the team.
- 4. I understand how important communication with my Coach is. If I have a question or disagreement with my coach, I will discuss it with him/her only. I will do this in private.
- 5. I understand that being prepared is an important aspect of Athletics. I will make sure to bring my uniform and all necessary equipment for games and practices.
- 6. I will not neglect my school work due to being a part of a team and understand the Academic Probation rules as outlined in the Athletic Handbook.
- 7. I will exemplify Christ in my behavior and attitude on and off the field. I will be respectful of coaches, officials, opponents, and other authority figures, as well as uplift and encourage my teammates and opponents.

Parents/Guardians, please read and sign below

- I/We have read the entire Athletic Handbook (found at cca.chilly.org/athletics) and I/We understand the philosophy and policies contained in it. I/We agree to abide by these policies.
- 2. I/We understand that joining a team requires a high level of commitment. Therefore, if my/our son/daughter is selected to the team, I will not allow him/her to quit before the season is completed. I/We will be timely in picking our son/daughter up from practices and games. If my/ our son/daughter is going to be absent or late for a practice or game, I/we will give the coach advance notice.
- 3. I/We understand that being selected for a team or payment of an Athletic Fee is not a guarantee of any set amount of playing time. I/We understand that the Coach has authority to dictate playing time based on his/her evaluation of the team.
- 4. I/We understand how important communication with the Coach is. If I/we have a question or disagreement with the Coach, I/we will respectfully discuss it with the Coach only. I/We will do this in a private setting after scheduling a time with the Coach away from the field/court.
- 5. I/We understand the Academic Probation rules as outlined in the Athletic Handbook and will support my/our son/daughter in their academics.
- 6. I/We will be respectful of Coaches, Opponents, Official and Athletic Staff. I/We will cheer in a positive fashion and not degrade the opposition and/or officials.

| PARENT/GUARDIAN SIGNATURE: |  |
|----------------------------|--|
|----------------------------|--|





# 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) |
|---|---|--------------------------|
| Student's Date of Birth:/ Student's                     | s Age on Last Birthday: Grade _           | for 20 20                |
| Current Physical Address                                |   |                          |
| Current Home Phone # ( ) Pa                             | arent/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 Person's Name               |   |                          |
| Address   | Emergency Contact Telephone # (           | )                        |
| Medical Insurance Carrier                               |   |                          |
| Address   | Telephone # ( )                           |                          |
| Family Physician's Name                                 |   |                          |
| Address   | Telephone # ( )                           |                          |
| Student's Allergies                                     |   |                          |
| Student's Health Condition(s) of Which an Emergency F   | Physician or Other Medical Personnel Sho  | uld be Aware             |
|   |   |                          |
|   |   |                          |
|   |   |                          |
| Student's Prescription Medications and conditions of wh | nich they are being prescribed            |                          |
|   |   |                          |

Revised: July 16, 2025 BOD Approved

# SECTION 2: CERTIFICATIONS

| The student's parent/guardian must comple   |   |  | horn on   | who turned  |
|---|---|--|---|---|
| A. I hereby give my consent for on his/her last birthday, a student o   | f   |  | School  | and a resident of the   |
|   |   |  |   |   |
| School Practices, Scrimmages, and/or Contest following the name of the said sport(s) approve  | s during the 20_<br>d below.  | 20 school year i   | n the sport(s) as indic   | ated by my signature(s)   |
| Fall Signature of Parent Sports or Guardian   | Winter<br>Sports  | Signature of Parent or Guardian  | Spring<br>Sports  | Signature of Parent or Guardian   |
| Cross   | Basketball  |  | Baseball  |   |
| Country   | Bowling   |  | Boys'   |   |
| Field   | Competitive   |  | Lacrosse<br>Girls'  |   |
| Hockey<br>Football  | Spirit Squad  |  | Lacrosse  |   |
| Golf  | Girls'<br>Gymnastics  |  | Softball  |   |
| Soccer  | Rifle   |  | Boys'   |   |
| Girls'  | Swimming  |  | Tennis Track & Field  |   |
| Tennis  | and Diving  |  | (Outdoor)   |   |
| Girls'  | Track & Field   |  | Boys'   |   |
| Volleyball<br>Water   | (Indoor)<br>Wrestling   |  | Volleyball  |   |
| Polo  | Other   |  | Other   |   |
| Other   | Other   |  |   |   |
| semesters of attendance, seasons of sports pa   |   |  |   |   |
| Student's Signature   |   |  | Date/   |   |
| C. Disclosure of records needed to dete<br>school record files, beginning with the seventh<br>of the foregoing, birth and age records, name<br>health records, academic work completed, grant   | n grade, of the he<br>e and residence   | erein named student specif<br>address of parent(s) or gu   | ically including, withou  | ut limiting the generality  |
| Parent's/Guardian's Signature   |   |  | Date/_  | _/  |
| Student's Signature   |   |  | Date/   |   |
| D. Permission to use name, likeness, ar<br>likeness, and athletically related information i<br>Scrimmages, and/or Contests, promotional lit<br>athletics.   | n video broadca   | asts and re-broadcasts. We   | bcasts and reports of   | Inter-School Fractices,   |
| Parent's/Guardian's Signature   |   |  | Date/_  |   |
| Student's Signature   |   |  | Date/   |   |
| E. Permission to administer emergency emergency medical care deemed advisable to in Inter-School Practices, Scrimmages, and/or been unsuccessful, physicians to hospitalize, surgery for the herein named student. I her expenses for such emergency medical care. It to consult with the Authorized Medical Profess student. | the welfare of the contests. Fur secure appropriately agree to purely further give per further give per secure appropriately agree to purely further give per secure agree. | I consent for an emerge<br>ne herein named student wh<br>ther, this authorization perrate consultation, to order injury<br>ay for physicians' and/or semission to the school's athle | ncy medical care pro<br>nile the student is prac<br>mits, if reasonable effi<br>ections, anesthesia (lo<br>urgeons' fees, hospit<br>etic administration, co | orts to contact me have<br>ocal, general, or both) or<br>al charges, and related<br>aches and medical staff |
| Parent's/Guardian's Signature   |   |  | Date/_  | _!  |
| Student's Signature   |   |  |   |   |
| F. Confidentiality: The information on the school's athletic administration, coaches and not promote safety and injury prevention. In the emergency medical personnel. Information a written consent of the parent(s) or guardian(s).   | is CIPPE shall<br>nedical staff to o<br>he event of an e<br>about an injury   | be treated as confidential letermine athletic eligibility, emergency, the information  | by school personnel.<br>to identify medical cor<br>contained in this CIP  | PE may be shared with   |
| Parent's/Guardian's Signature   |   |  | Date/_  |   |
| Student'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<br>participating in interscho<br>traumatic brain injury. | that I am far<br>lastic athletics | niliar with the<br>s, including the | nature and ri<br>risks associate | sk of concussion<br>ed with continuing | and trauma<br>to compete   | tic brain<br>after a c | injury<br>oncus | y while<br>sion o  |
|---|-----------------------------------|-------------------------------------|----------------------------------|--|----------------------------|------------------------|-----------------|--------------------|
| Student's Signature   |                                   |                                     |                                  |  |                            | _Date                  | _/              | /                  |
| I hereby acknowledge<br>participating in interscho<br>traumatic brain injury. | that I am far<br>lastic athletics | niliar with the<br>s, including the | nature and ri<br>risks associate | sk of concussion<br>ed with continuing | and trauma<br>g to compete | tic brain<br>after a c | injury<br>oncus | y while<br>ssion o |
| Parent's/Guardian's Sign  | ature                             |                                     |                                  |  |                            | Date                   |                 | <i></i>            |

# 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 sympton<br>and how it may help to detect hidden heart issues. | ms and warning signs of SCA. I have also read the inform | ation about the electrocardiogram testing |
|--|--|---|
|  |  | Date//                                    |
| Signature of Student-Athlete   | Print Student-Athlete's Name                             |   |

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

| Student's Name | Age | Grade | for 20 | - 20_<br>School Year | - |
|----------------|-----|-------|--------|----------------------|---|
|                |     |       |        |                      |   |

#### SECTION 5: HEALTH HISTORY

|               | questions you don't know the answer   |                  |          |            |            |   |     |             |
|---------------|---|------------------|----------|------------|------------|---|-----|-------------|
| CITCIE        | questions you don't know the unout  | Yes              | No       |            |            |   | Yes | No          |
| 1.            | Has a doctor ever denied or restricted your rticipation in sport(s) for any reason?       |                  |          |            | 23.        | Has a doctor ever told you that you have asthma or allergies?                                 |     |             |
| 2.            | Do you have an ongoing medical condition  |                  |          |            | 24.        | Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?                  |     |             |
| 3. `          | te asthma or diabetes)?  Are you currently taking any prescription or                     |                  |          |            | 25.        | Is there anyone in your family who has asthma?  |     |             |
| or            | nprescription (over-the-counter) medicines pills?   |                  | ч        |            | 26.        | Have you ever used an inhaler or taken  |     |             |
|               | Do you have allergies to medicines, llens, foods, or stinging insects?                    |                  |          |            | 27.        | asthma medicine?  Were you born without or are your missing                                   |     |             |
| 5.            | Have you ever passed out or nearly ssed out DURING exercise?                              |                  |          |            |            | a kidney, an eye, a testicle, or any other organ?   |     |             |
| 6.            | Have you ever passed out or nearly ssed out AFTER exercise?                               |                  |          |            | 28.        | Have you had infectious mononucleosis (mono) within the last month?                           |     |             |
| 7.            | Have you ever had discomfort, pain, or ressure in your chest during exercise?             |                  |          |            | 29.        | Do you have any rashes, pressure sores, or other skin problems?                               |     |             |
| 8.            | Does your heart race or skip beats during   |                  |          |            | 30.        | Have you ever had a herpes skin infection?  |     |             |
| 9.            | ercise?<br>Has a doctor ever told you that you have                                       |                  |          |            |            | NCUSSION OR TRAUMATIC BRAIN INJURY  |     |             |
|               | neck all that apply):  h blood pressure   |                  |          |            | 31.        | Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain           |     |             |
|               | h cholesterol  Heart infection  |                  |          |            | 32.        | injury?  Have you been hit in the head and been   |     |             |
|               | Has a doctor ever ordered a test for your art? (for example ECG, echocardiogram)          |                  |          |            | 33.        | confused or lost your memory?  Do you experience dizziness and/or                             | _   |             |
|               | Has anyone in your family died for no parent reason?                                      |                  |          |            | 34.        | headaches with exercise? Have you ever had a seizure?   |     | <del></del> |
| 12.           | Does anyone in your family have a heart   |                  |          |            | 35.        | Have you ever had numbness, tingling, or  |     |             |
| 13.           | Has any family member or relative been  |                  |          |            |            | weakness in your arms or legs after being hit or falling?                                     |     | Ų.          |
| pro           | sabled from heart disease or died of heart oblems or sudden death before age 50?          |                  | _        |            | 36.        | Have you ever been unable to move your arms or legs after being hit or falling?               |     |             |
| Sy            | Does anyone in your family have Marfan ndrome?  |                  |          |            | 37.        | When exercising in the heat, do you have severe muscle cramps or become ill?                  |     |             |
|               | Have you ever spent the night in a spital?  |                  |          |            | 38.        | Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell |     |             |
|               | Have you ever had surgery?  |                  |          | 1          |            | disease?  | _   |             |
| mı            | Have you ever had an injury, like a sprain, uscle, or ligament tear, or tendonitis, which |                  |          |            | 39.        | Have you had any problems with your eyes or vision?   |     |             |
|               | used you to miss a Practice or Contest? yes, circle affected area below:                  | _                | _        |            | 40.<br>41. | Do you wear glasses or contact lenses?  Do you wear protective eyewear, such as               |     |             |
|               | Have you had any broken or fractured nes or dislocated joints? If yes, circle             |                  |          |            |            | goggles or a face shield?  Are you unhappy with your weight?                                  |     |             |
| be            | low:<br>Have you had a bone or joint injury that  |                  |          |            | 42.<br>43. | Are you trying to gain or lose weight?  |     |             |
| rec           | quired x-rays, MRI, CT, surgery, injections, nabilitation, physical therapy, a brace, a   |                  |          |            | 44.        | Has anyone recommended you change   |     |             |
| ca            | st, or crutches? If yes, circle below:  | Hand/            | Chest    | ]          | 45.        | your weight or eating habits?  Do you limit or carefully control what you                     | П   |             |
| Head<br>Upper | Neck Shoulder Upper Elbow Forearm arm Lower Hip Thigh Knee Calf/shin                      | Fingers<br>Ankle | Foot/    |            | 46.        | eat?  Do you have any concerns that you would   |     |             |
| back<br>20.   | back Have you ever had a stress fracture?   |                  | Toes     |            | ME         | like to discuss with a doctor?  NSTRUAL QUESTIONS- IF APPLICABLE                              |     |             |
| 21.           | Have you been told that you have or have  |                  |          | :40        | 47.        | Have you ever had a menstrual period?   | ā   | ā           |
| ins           | u had an x-ray for atlantoaxial (neck)  |                  | _        |            | 48.        | How old were you when you had your first menstrual period?                                    |     |             |
| 22.<br>de     | Do you regularly use a brace or assistive vice?   |                  |          |            | 49.        | How many periods have you had in the last 12 months?  |     |             |
|               |   |                  |          |            | 50.        | When was your last menstrual period?  |     |             |
| #'s           |   |                  |          | Explain "  | Yes" a     | inswers here:   |     |             |
|               |   |                  |          |            |            |   |     |             |
|               |   |                  |          |            |            |   |     |             |
| I borel       | y certify that to the best of my knowledge  | all of the       | e inform | nation her | ejn ie     | true and complete.  |     |             |
|               |   |                  |          |            | J.,, 13    | Date / /  |     |             |
|               | t's Signature<br>y certify that to the best of my knowledge                               |                  | e inforn | nation her | ein is     |   | _   |             |
|               | t's/Guardian's Signature  |                  |          |            |            |   | /   |             |
| i ai Gili     | . o, odardian o olginataro  |                  |          |            |            | 3   |     |             |

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

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\_\_\_\_ Grade\_\_\_ for 20\_\_\_- 20\_\_\_\_ School Year Student's Name \_\_\_\_\_ 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. Corrected: YES NO (circle one) Pupils: Equal\_\_\_\_ Unequal\_\_\_\_ Vision: R 20/\_\_\_\_ L 20/\_\_\_\_ ABNORMAL FINDINGS NORMAL MEDICAL 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 ABNORMAL FINDINGS MUSCULOSKELETAL NORMAL 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 CLEARED with recommendation(s) for further evaluation or treatment for:\_\_\_\_\_\_ NOT CLEARED for the following types of sports (please check those that apply): ☐ STRENUOUS ☐ MODERATELY STRENUOUS ■ Non-strenuous ☐ CONTACT ☐ NON-CONTACT COLLISION Due to .... Recommendation(s)/Referral(s) License # AME's Name (print/type) Address

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