

# 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 1<sup>st</sup> and shall be effective, regardless of when performed during a school year, until the latter of the next May 31<sup>st</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 Studen	t on Last Birthday: Grade for Current School Year:
Current Physical Address	
	nt/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 # ( )
	, MD or DO (circle one)
Address	Telephone # ( )
Student's Allergies	
Student's Health Condition(s) of Which an Emergency Phys	ician or Other Medical Personnel Should be Aware
Student's Proportion Medications and conditions of which	they are being prescribed
Student's Prescription Medications and conditions of Which	mey are being presented

Revised: March 22, 2017

# SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

who turned	give my consent for on his/her last t	irthday a student	-f	born o	
					Schoo
to participate	e in Practices, Inter-Scho	ol Practices Scrim	manes and/or Contests	during the OO	public school district
in the sport(	s) as indicated by my sig	nature(s) following	the name of the said spor	during the 20	- 20 school year
Fall		1		-(-) -рр год 20.01	•
Sports	Signature of Parent or Guardian	Winter Sports	Signature of Parent or Guardian	Spring	Signature of Parent
Cross		Basketball	Of Guardian	Sports Baseball	or Guardian
Country Field		Bowling		Boys'	
Hockey		Competitive		Lacrosse	
Football		Spirit Squad		Girls'	
Golf		Girls' Gymnastics		Lacrosse Softball	
Soccer		Rifle		Boys'	
Girls' Tennis		Swimming		Tennis	
Girls'		and Diving Track & Field		Track & Field (Outdoor)	
Volleyball		(Indoor)		Boys'	
Water Polo		Wrestling		Volleyball	
Other		Other		Other	
C. Disclose student is elig to PIAA of ar specifically into of parent(s) or and attendance Parent's/Guardo. Permissistudent's name	dian's Signature ion to use name, liker e, likeness, and athletica	to determine eligil scholastic athletics hool record files, b he generality of the address of the stude deess, and athletic	information: I conser	o determine whether schools, I hereby country the grade, of the hear records, name and emic work completed.  Date to PIAA's use of the property of the propert	ensent to the release rein named student de residence address red, grades received, re/
releases relate	I Practices, Scrimmages, ed to interscholastic athle dian's Signature	tics.	romotional literature of th	ne Association, and	other materials and
E. Permissi	on to administer			Date	e//
practicing for confirmation of the confirmatio	on to administer emery emergency medical care or participating in Inter-Scrifforts to contact me have s, anesthesia (local, gend/or surgeons' fees, hos n to the school's athletic ho executes Section 6 relian's Signature	chool Practices, Scree been unsuccessfueral, or both) or surpital charges, and administration, coagarding a medical coation on this CIPPE tion, coaches and se safety and injuryed with emergency	in the welfare of the her immages, and/or Contestal, physicians to hospitalingery for the herein namerelated expenses for such aches and medical staff condition or injury to the hospitalingery for the hospitality of the ho	rein named student its. Further, this au ze, secure appropried student. I herel to consult with the interest named student.  Date dential by school perest and an emergency are stored for emergency for many students.	while the student is athorization permits, interest consultation, to by agree to pay for ical care. I further Authorized Medical nt.
	ot be shared with the pub ian's Signature	iic or media without	written consent of the pa	arent(s) or guardian	(s).

# 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 SignatureDate//				
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 SignatureDate/				

# SECTION 4: UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

## What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

# How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning sign	ns?
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Although SCA happens unexpectedly, so dizziness lightheadedness shortness of breath difficulty breathing racing or fluttering heartbeat (palp syncope (fainting)	weakness nausea	ktreme tiredness)		
These symptoms can be unclear and co exhaustion. SCA can be prevented if the	nfusing in athletes. Often, people confusuring in athletes. Often, people confusured and t	se these warning signs with physical treated.		
What are the risks of practicing or play	ng after experiencing these symptoms	?		
There are risks associated with continuing so does the blood that flows to the brain a minutes. Most people who have SCA die		se symptoms. When the heart stops, t brain damage can occur in just a few		
Act 59 – the Sudden Cardiac Arrest Pre-	vention Act (the Act)			
The Act is intended to keep student-athlete	es safe while practicing or playing. The rec	Quirements of the Act are:		
Information about SCA symptoms and war.  Every student-athlete and their par before participation in any athletic stress Schools may also hold information	ning signs. The read and sign this for activity. A new form must be signed and read meetings. The meetings can occur be ents, coaches and school officials. School	orm. It must be returned to the school eturned each school year.		
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.				
Signature of Student-Athlete	Print Student-Athlete's Name	Date//		
Signature of Parent/Guardian	Print Parent/Guardian's Name	Date//		

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

Student's Name	Age	Grade
otacom o riamo	9 -	

# SECTION 5: HEALTH HISTORY

Explain "Yes" answers at the bottom of th				
Circle questions you don't know the answ		202		
	Yes	No	Yes	No
Has a doctor ever denied or restricted your	(TEC)	100	23. Has a doctor ever told you that you have	<b>(3)</b>
participation in sport(s) for any reason?	200		asthma or allergies?  24. Do you cough, wheeze, or have difficulty	125
<ol><li>Do you have an ongoing medical condition (like asthma or diabetes)?</li></ol>	鑿	营	breathing DURING or AFTER exercise?	53
3. Are you currently taking any prescription or			25. Is there anyone in your family who has	
nonprescription (over-the-counter) medicines			asthma?	9-33 MC
or pills?	器	1	26. Have you ever used an inhaler or taken	
<ol> <li>Do you have allergies to medicines,</li> </ol>	Parties.	-	asthma medicine?	
pollens, foods, or stinging insects?	100	28	<ol><li>Were you born without or are your missing</li></ol>	91.92
<ol> <li>Have you ever passed out or nearly</li> </ol>	•	0	a kidney, an eye, a testicle, or any other	
passed out DURING exercise?			organ?	£2
<ol><li>Have you ever passed out or nearly</li></ol>	_	-	28. Have you had infectious mononucleosis	_
passed out AFTER exercise?	差	變	(mono) within the last month?	18
7. Have you ever had discomfort, pain, or	DVT	100	29. Do you have any rashes, pressure sores, or other skin problems?	15 m
pressure in your chest during exercise?  8. Does your heart race or skip beats during		100	or other skin problems?  30. Have you ever had a herpes skin	
8. Does your heart race or skip beats during exercise?	3		infection?	82
Has a doctor ever told you that you have	ليسع		CONCUSSION OR TRAUMATIC BRAIN INJURY	
(check all that apply):			31. Have you ever had a concussion (i.e. bell	
High blood pressure Heart murmur			rung, ding, head rush) or traumatic brain	
High cholesterol Heart infection			injury?	
<ol> <li>Has a doctor ever ordered a test for your</li> </ol>			32. Have you been hit in the head and been	_
heart? (for example ECG, echocardiogram)	2	1/3-	confused or lost your memory?	
11. Has anyone in your family died for no	100		33. Do you experience dizziness and/or	
apparent reason?	929		headaches with exercise?  34. Have you ever had a seizure?	197
<ol><li>Does anyone in your family have a heart problem?</li></ol>	4	2%	<ul><li>34. Have you ever had a seizure?</li><li>35. Have you ever had numbness, tingling, or</li></ul>	
13. Has any family member or relative been	تتا	سا	weakness in your arms or legs after being hit	
disabled from heart disease or died of heart			or falling?	33
problems or sudden death before age 50?	170		36. Have you ever been unable to move your	
<ol><li>Does anyone in your family have Marfan</li></ol>	27000	511111	arms or legs after being hit or falling?	27.0
syndrome?	72	4	<ol> <li>When exercising in the heat, do you have</li> </ol>	_
15. Have you ever spent the night in a		<b>C</b>	severe muscle cramps or become ill?	7.
hospital?	(3)	\$7 42	38. Has a doctor told you that you or someone	
<ul><li>16. Have you ever had surgery?</li><li>17. Have you ever had an injury, like a sprain,</li></ul>	Edit		in your family has sickle cell trait or sickle cell disease?	
<ol> <li>Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which</li> </ol>		1	39. Have you had any problems with your	
caused you to miss a Practice or Contest?				44
If yes, circle affected area below:			eyes or vision?  40. Do you wear glasses or contact lenses?	题
18. Have you had any broken or fractured	A	230000	<ol> <li>Do you wear protective eyewear, such as</li> </ol>	100000
bones or dislocated joints? If yes, circle			goggles or a face shield?  42. Are you unhappy with your weight?  43. Are you trying to gain or lose weight?	
below:			42. Are you unhappy with your weight?	
<ol> <li>Have you had a bone or joint injury that</li> </ol>				1
required x-rays, MRI, CT, surgery, injections,		1	44. Has anyone recommended you change your weight or eating habits?	
rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:		П	45. Do you limit or carefully control what you	
Head Neck Shoulder Upper Elbow Forearm	Hand/	Chest	eat?	
arm	Fingers	Feet	<ol><li>Do you have any concerns that you would</li></ol>	
Upper Lower Hip Thigh Knee Calf/shin back back	Ankle	Foot/ Toes	like to discuss with a doctor?	88
20. Have you ever had a stress fracture?			like to discuss with a doctor?  FEMALES ONLY  47. Have you ever had a menstrual period?	
21. Have you been told that you have or have				
you had an x-ray for atlantoaxial (neck)	100	1077	48. How old were you when you had your first	
instability?		56	menstrual period?  49. How many periods have you had in the	
22. Do you regularly use a brace or assistive device?	関		49. How many periods have you had in the last 12 months?	
device?	لتا	ليبا	50. Are you pregnant?	
#'s		Fx	plain "Yes" answers here:	- Brown
# 3			Prairie 100 another increase	
		***		
			44.44	
I hereby certify that to the best of my know	edge al	of the	information herein is true and complete.	
Student's Signature			Date/	/
I hereby certify that to the best of my know	edge al	l of the	information herein is true and complete.	
			Date /	,
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 Examinor (AME) performing the house

initial pre-participation phys	sical evaluation	(CIPPE) and t	urned in to th	e Principal,	eriorming or the Prii	the herein nan ncipal's designe	ned student's comprehensiv ee, of the student's school.
Student's Name						Ane	Grade
Enrolled in			School	Sport(s)			Grade
							,/) RP
If either the brachial artery primary care physician is re <b>Age 10-12:</b> BP: >126/82, R Vision: R 20/ L 20/	blood pressur commended. P: >104; <b>Age 1</b>	e (BP) or resti	ng pulse (Ri 6/86, RP >10	o) is above o; <b>Age 16-2</b>	the follow	ing levels, furt	ther evaluation by the stude
MEDICAL	NORMAL		0.10.00-00-00-00-00-00-00-00-00-00-00-00-00			FINDINGS	
Appearance		<del>                                     </del>					
Eyes/Ears/Nose/Throat							
Hearing							
Lymph Nodes							
Cardiovascular		Heart mun	mur 🔲 Femo	al pulses to e	xclude aor	tic coarctation	
Cardiopulmonary		Physical s	tigmata of Mar	fan syndrome	!		
Lungs	+						
Abdomen							
Genitourinary (males only)							
Neurological							
Skin							
MUSCULOSKELETAL	NORMAL			ABN	ORMAL F	INDINGS	
Neck							
Back					1.73		
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, of the student is physically fit to by the student's parent/guard.  CLEARED CLEAR  NOT CLEARED for the formula COLLISION CONTACT	participate in F an in Section 2 RED, with reco	Practices, Inter- of the PIAA Commendation(s	or and the still School Praction of the still School Praction of the still School Practical	ices, Scrimre Initial Pre- valuation or that apply	nages, ar Participat treatmen	RY, certify that, nd/or Contests i ion Physical Ev t for:	except as specified below, in the sport(s) consented to valuation form:
Due to				7,000			Non-strenuous
Recommendation(s)/Refe	erral(s)						
AME's Name (print/type) Address						Lice Phone (	ense #
AME's Signature							

## BEDFORD AREA SCHOOL DISTRICT ATHLETIC DEPARTMENT CODE OF CONDUCT

#### PHILOSOPHY:

Participation in interscholastic athletics is a privilege offered to students of the Bedford Area School District to extend learning opportunities. Students participating in interscholastic athletics represent themselves, the community, and the school district. All studentathletes are expected to conduct themselves in a manner that meets the highest standards of sportsmanship and athletic competition.

The Code of conduc\ is designed specifically to establish high expectations and standards for all participating student-athletes. These expectations embody a total lifestyle approach with emphasis on Respect for self, others, and property; Loyalty to self, teammates, coaches, and school; support for the ideals of true Sportsmanship, and Maturity to accept all choices made and the consequences each carries.

The effectiveness of this code is dependent on a collective commitment from students, parents, and school personnel, along with a proactive positive approach to prevention and assistance.

The terms of the Code of Conduct extend for the duration of the school year. Sanctions imposed as a result of the Code of Conduct may carry into the next school term. Final decisions regarding this policy will be determined by the district administration.

#### STANDARDS:

### A. Academic

- Bedford High School and Bedford Middle School students have to be passing at least 5 full credits according to PIAA standards or the equivalent as of each Friday of the grading period. Failure to meet this requirement will cost the student-athlete one week of eligibility.
- Fall sports eligibility is based on the final grades from the preceding school year.
- Failure to pass the full credits as prescribed by the school at the end of each marking period will cost the student-athlete 20 school days of eligibility in the next grading period.

### B. Attendance

- Participating student-athletes must attend on the day of practice or contest. Students who sign in one hour or more beyond the start of school or who leave one hour or more before the close of school without a school approved appointment are ineligible to participate that day.
- Coaches are responsible for enforcing these attendance guidelines.
- Students serving an In School Suspension are eligible for practice and games on the day of the suspension. Students serving an Out-Of-School Suspension are ineligible to participate in practice or games during the length of the suspension.
- Students missing more than 20 days in a semester are ineligible per PIAA regulations.

### C. Drugs/Alcohol/Tobacco

- No student-athlete shall use, possess, give, sell, or otherwise transmit, or be under the influence of a prohibited substance.
- In the Bedford Area School District, participation in interscholastic athletics requires both the student and parent's consent to random drug testing for the student-athlete.
- The Bedford Area School District considers tobacco products a prohibitive substance for all student-athletes.
- By signing this form, both the student-athlete and the parent are consenting to the test and sanctions as outlined by the Bedford Area School District Policy #227.1.

## D. Unacceptable Behaviors

- A student athlete shall not engage in:
  - Any unlawful conduct.
  - Vandalism associated with school property or that of staff. 0
  - Any conduct that is determined by the coach and/or administration to be detrimental to the athletic program, school, or school district.

## E. Transportation

- All student-athletesshould ride district provided transportation to competitions.
- Student-athletes should return on school provided transportation except for the following:
  - Players may return home with parent(s) with coach's approval.
  - Parent(s) must speak with the coach at the event and sign a transportation release form.
  - Extenuating or emergency situations require prior administrative approval.
- All transportation rules apply to athletes while riding school transportation.

Your signature below indicates you have read and understand the Athletic Code of Conduct and agree to abide by it.	
Name of Student-Athlete	Signature
Name of Parent/Guardian	Signature

GRADES	GUIDELINES FOR DISCIPLINARY ACTION
Student is failing one class.	Student is eligible for all practices and games.
Student is failing two classes.	Student is eligible for all practices and games.
Student is not passing 5 credits.	Student is ineligible until the next Friday.
Student is not passing 5 credits and end of the 9 weeks.	Student is ineligible for 20 school days.
ATTENDANCE	GUIDELINES FOR DISCIPLINARY ACTION
Student arrives at school after school has been in session for one	Student is eligible for practice and contests that day.
hour with a school-approved excuse.	and contests that day.
Student arrives at school after school has been in session for one	Student is ineligible for most
nour without a school-approved excuse.	Student is ineligible for practice and contests that day.
DRUG TESTING	Gilldelines for disciplinary action
Student refuses to sign Code of Conduct (including consent to	Student may not participate in interscholastic athletics in
test.)	tlie Bedford Area School District.
Student refuses to take the drug test.	
and drug toot.	Student will face the same sanctions as if the student tested positive for the test.
Student Cil- 1	tested positive for the lest.
Student fails drug test: First Offense	
i iist Offense	Student is suspended for two weeks of the season(s), including
	any playoffs, if they should fall during the two-week suspension.
	Parents are contacted immediately. Student shall undergo drug
	and alcohol counseling with an outside professional agency
	approved by the district without district expense. Student will be
	drug tested prior to resuming activities if the suspending action
	was drug-related.
Second Offense	
	Student shall be suspended from their activity for the balance of
	the season(s), including playoffs, for the activity wherein a
	second offense occurred. All previously mentioned above will
	also take place.
Third Offense	
	Student shall be prohibited from participating in privileged
	activities for the duration of the school term. All previously
UNACCEPTABLE BEHAVIOR	mentioned above will also take place.
Student engaged, in unlawful behavior as determined by the judicial	GUIDELINES FOR DISCIPLINARY ACTION
system.	Student is suspended for 20% of the sports season(s), including
	playoffs.
Student commits offense deemed detrimental to the athletic program,	Student is suspended for we to 2004. Get
chool, or school district as determined by the building principal	Student is suspended for up to 20% of the sports season(s), including playoffs.
	Projection
GENERAL AUTHORIZATION	AND CONSENT FORM
hereby give my permission for the Bedford Area School District and a lacreen on my son/daughter. I realize the purpose and ramifications of the	aboratory of the school district's choosing to perform a urine drug
creen on my son/daughter. I realize the purpose and ramifications of the est results.	testing and will follow the policy guidelines set forth for positive
understand that my son/daugh ter will not be punished by suspension or ence guidelines as outlined in the School District Policy #227.1	1: 0
ne guidelines as outlined in the School District Policy #227.1.	expulsion for a positive test result; however, he/she must follow
he Bedford Area School District is committed to providing safe, drug-free acouragement, and cooperation.	nrograms. The school district
acouragement, and cooperation.	The school district appreciates your support,
10 11	
arent/Guardian Signature:	Date:
s a student participating in privileged	
s a student participating in privileged activities, I agree to participate in th hool District Policy #227.1 "Student Drug Testing."	e urine drug-screening program. I have read and understand the
46	
ident Signature:	Date: