

BURRELL SCHOOL DISTRICT **Sports Physical Evaluation**

Name				
Grade (20	18-2019)	Email Address		
Sport(s)				
	(Li	st for entire school	year)	
Date Completed _				
School Physical Ex GIRLS – June 5, 20	18	_		

BOYS- June 7, 2018

Exact times will be posted in Skyward and school entrance doors.

ImPACT Testing Dates:

Grades 6-8 Must Sign Up for Appointment Times in HMS Office on May 20-24; Testing Will be performed during the School Day on May 29 and May 30 in HMS library classroom.

Grades 9-11 Will Test on May 30, 2018 in H.S. Classrooms 104, 106, 108 Beginning 3:00 p.m.

Please review the Health History (Section 5) with your child. In order to have a school physical, this packet must be completed, signed and returned to the Athletic Office by May 31, 2018. Physicals must be authorized June 1, 2018 or later.

BURRELL SCHOOL DISTRICT

Drake D'Angelo, Athletic Director (724) 334-1403 ext. 2944 Fax (724) 334-1420 drake.dangelo@burrell.k12.pa.us

Burrell High School 1021 Puckety Church Road Lower Burrell, PA 15068

Please Read All Forms Carefully

Dr. Fisher will be giving physicals only on the date(s) posted. If you miss this examination, you must obtain a physical from your family doctor at your expense.

Recertification will be done in the same manner. If you miss the date at school, you must go to your family physician. <u>Under no circumstances is any student permitted to go directly to Dr. Fisher's office for an athletic physical unless he is your family physician.</u>

All signatures (doctor, parent/guardian) and insurance information must be filled in correctly or student cannot begin practice.

The rules and regulations paper must also be correctly signed and returned with the physical forms in order for student to be eligible to begin practice.

No student will be permitted to participate in a sport without an ImPACT Test. An ImPACT Test should be updated every two years. Testing at the high school is held in classrooms 104, 106, and 108. Testing at the middle school is held in the Library. If unsure if a student needs the required test, please check with nurse or athletic secretary. You may also contact the Athletic Trainer, Jordain Pomycala, at 724-594-7643 or email her at jordain.pomycala@burrell.k12.pa.us

BURRELL SCHOOL DISTRICT

Dear Parent or Guardian:

Your child has indicated an interest in participating in the Burrell High School Athletic Program. We know that it is your wish as well as ours that every possible precaution be taken to protect our students from injury. We do our utmost to promote this by proper training, by the use of good protective equipment, by supervising all activities, and by encouraging good safety habits.

Despite all our efforts, accidents do happen occasionally in athletics as elsewhere. The school is not legally liable for medical or hospital expenses, damages related to pain and suffering, loss of earning capacity or any other expenses or damages resulting from athletic injuries incurred in interscholastic sports.

All students participating in Burrell School District sports activities must be covered by either family hospitalization medical insurance or any student accident insurance. If needed, participants may also purchase optional student accident insurance. In the event family accident insurance is unavailable, please contact the Athletic Office at the High School at 724-334-1403, ext. 2944 for the necessary forms. Since voluntary participation in extracurricular activities entails an inherent risk of injury on the part of the participants, it is essential that all participants be covered by insurance.

Please complete the following information and return this letter to the Athletic/ Health Office immediately.

Sincerely,			
Drake D'Angelo, Athletic Direc	ctor		
NAME OF STUDENT			
DATE OF BIRTH		GRADE	(2018-2019)
HOME PHONE #		CELL PHONE #	
SPORT/SPORTS			
	(List Sport	s for Entire School Y	(ear)
Family Insura	ınce not available	 student accident insur 	ance requested.
Family Insura	ance:		
	IE OF COMPAN	Υ	
GRO	UP NUMBER		
listed on the form to the closest PARENT/GUARDIAN SIGNA	·		DATE:
Warning and Notification of R activity involving risk of injury injuries in some sports. Some sthreatening. Unfortunately, in occurrence of any unusual ever I have read the above WARNI in and playing interscholastic a instructions regarding the activity.	isk - Playing, pray. There is no lime sport injuries can jury may occur sint and without factorities. I recognity.	cticing or participating in itation to the nature or so result in serious perman imply due to the nature of ult. and understand the risks nize the importance of fo	n a sport can be a dangerous everity of the possible nent impairment or be life of the sport without the s of practicing, participating llowing the coaches'
SPORT/SPORTS			
PARENT/GUARDIAN SIGNA	TURE		DATE

BURRELL SCHOOL DISTRICT

Health/Equipment Issue Statement

All Sports

Sports are a physically challenging activity and serious injury may occur. No equipment can prevent all injuries a player might be exposed to while participating. It is understood that for equipment to best protect the player, it must fit properly and be in good condition. It is also understood that any changes in equipment or fitting must be done only with the approval of a coach.

I understand the possibility of athletic injury while participating in sp agree to inform my coaches immediately upon experiencing any phys changes and also any change in the condition or fit of my equipment.	sical or health
Athlete's Signature	Date
Parent's/Guardian's Signature	Date



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 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	
Current Home Phone # () Parer	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 # ()
Family Physician's Name	, MD or DO (circle one)
Address	Telephone # ()
Student's Allergies	
Student's Health Condition(s) of Which an Emergency Phys	sician or Other Medical Personnel Should be Aware
Children Decomption Medications and conditions of which	Above are being prescribed
Student's Prescription Medications and conditions of which	they are being prescribed

Revised: March 22, 2017

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 School and a resident of the public school district, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20 - 20 school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below. Fall Signature of Parent Winter Signature of Parent Signature of Parent Spring Sports or Guardian **Sports** or Guardian **Sports** or Guardian Cross Basketball Baseball Country Bowling Boys' Field Lacrosse Competitive Hockey Girls' Spirit Squad Football Lacrosse Girls' Golf Softball Gymnastics Soccer Boys' Rifle Tennis Girls' Swimming Track & Field and Diving Tennis (Outdoor) Girls' Track & Field Boys' Volleyball (Indoor) Volleyball Water Wrestling Other Polo Other Other Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance. Parent's/Guardian's Signature ___ Disclosure of records needed to determine eligibility: To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or quardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data. Date / / Parent's/Guardian's Signature Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in video broadcasts and re-broadcasts, webcasts and reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics. Parent's/Guardian's Signature Permission to administer emergency medical care: I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care. I further give permission to the school's athletic administration, coaches and medical staff to consult with the Authorized Medical Professional who executes Section 6 regarding a medical condition or injury to the herein named student. Parent's/Guardian's Signature Date / 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 quardian(s). Date

Parent's/Guardian's Signature ___

SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or joit to the head or body.
- Can change the way a student's brain normally works.
- · Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise

- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

- Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents. Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- The student should be evaluated. A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- Concussed students should give themselves time to get better. If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

• Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:

The right equipment for the sport, position, or activity; Worn correctly and the correct size and fit; and Used every time the student Practices and/or competes.

- Follow the Coach's rules for safety and the rules of the sport.
- · Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and trauma participating in interscholastic athletics, including the risks associated with continuing to compete traumatic brain injury.			
Student's Signature	Date_	/_	
I hereby acknowledge that I am familiar with the nature and risk of concussion and trauma participating in interscholastic athletics, including the risks associated with continuing to compete traumatic brain injury.			
Parent's/Guardian's Signature	Date_		

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

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) 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 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.

re reviewed and understand the symptom	oms 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	_		

udent's Name					Age	Grade_	
	SECTION	ON 5:	HEALTH F	ISTORY			
plain "Yes" answers at the bottom of this	s form.						
cle questions you don't know the answe							
Line a destay superdenied or restricted usus	Yes	No	00	llas a dastas acce		Yes	No
Has a doctor ever denied or restricted your participation in sport(s) for any reason?			23.	asthma or allergies	er told you that you have		
Do you have an ongoing medical condition	100		24.		heeze, or have difficulty		1001
(like asthma or diabetes)?					or AFTER exercise?		
Are you currently taking any prescription or			25.		n your family who has	¥707#	2202
nonprescription (over-the-counter) medicines or pills?			26.	asthma?	sed an inhaler or taken		
Do you have allergies to medicines,	1004	paret.	20.	asthma medicine?	sed all lilliaisi of takell		
pollens, foods, or stinging insects?			27.	Were you born w	ithout or are your missing	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	3000
Have you ever passed out or nearly	700	*****			testicle, or any other	EC.428	2000
passed out DURING exercise? Have you ever passed out or nearly			28.	organ?	fectious mononucleosis		
passed out AFTER exercise?			20.	(mono) within the la			
Have you ever had discomfort, pain, or			29.	Do you have any	rashes, pressure sores,		A
pressure in your chest during exercise?		12		or other skin proble			
Does your heart race or skip beats during exercise?			30.	infection?	ad a herpes skin		
Has a doctor ever told you that you have			CO		UMATIC BRAIN INJURY		
(check all that apply):			31.		ad a concussion (i.e. bell		
High blood pressure Heart murmur					sh) or traumatic brain		
High cholesterol Heart infection Has a doctor ever ordered a test for your			32,	injury?	uit in the head and been		
heart? (for example ECG, echocardiogram)			32.	confused or lost you	nit in the head and been or memory?		
Has anyone in your family died for no	31105	3	33.		ce dizziness and/or	-	
apparent reason?				headaches with exe			
Does anyone in your family have a heart problem?			34.	Have you ever h			
Has any family member or relative been			35.		ad numbness, tingling, or ms or legs after being hit		
disabled from heart disease or died of heart				or falling?	into or logo ditor boing file		
problems or sudden death before age 50?			36.		een unable to move your		-
Does anyone in your family have Marfan syndrome?			0.7	arms or legs after b			
Have you ever spent the night in a			37.	severe muscle cran	in the heat, do you have		
hospital?			38.		you that you or someone	Anat	NAME:
Have you ever had surgery?					ickle cell trait or sickle cell		
Have you ever had an injury, like a sprain,				disease?			
muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest?			39.	eyes or vision?	ny problems with your		
If yes, circle affected area below:	I		40.		sses or contact lenses?		8
Have you had any broken or fractured			41.		tective eyewear, such as	marrier.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
bones or dislocated joints? If yes, circle	1000		4.5	goggles or a face s			
below: Have you had a bone or joint injury that			42. 43.		y with your weight? gain or lose weight?		
Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections,			43. 44.		ommended you change	i.	
rehabilitation, physical therapy, a brace, a			•	your weight or eating			
cast, or crutches? If yes, circle below:			45.	•	arefully control what you	-	-
1 Neck Shoulder Upper Elbow Forearm arm	Hand/ Fingers	Chest	40	eat?	reasons that you would		
r Lower Hip Thigh Knee Califshin	Ankie	Foot/ Toes	46.	like to discuss with	concerns that you would a doctor?		
back Have you ever had a stress fracture?		i Des	FEI	MALES ONLY		đ	
Have you been told that you have or have			47.		ad a menstrual period?		
you had an x-ray for atlantoaxial (neck)		1721	48.	•	ou when you had your first		
instability? Do you regularly use a brace or assistive			49.	menstrual period?	ds have you had in the		
Do you regularly use a brace or assistive device?			43.	last 12 months?	ao nato you nau iii uio		
			50.	Are you pregnan	nt?		
#'s	· · · · · ·	Ex	olain "Yes" a	nswers here:			

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

initial pre-participation physic	cal evaluation (CIPPE) and tu	ical Examine irned in to the	r (Alvi⊨) pei e Principal, d	or the Prin	ne nerein na cipal's desigr	med student? nee, of the stu	s comprehensive ident's school.
Student's Name								Grade
Enrolled in								****
HeightWeight	% Body Fat	(optional)	Brachial	Artery BP_		_(/_) RP
If either the brachial artery primary care physician is rec Age 10-12: BP: >126/82, RF Vision: R 20/ L 20/	blood pressure commended. P: >104; Age 13	(BP) or resti	ng pulse (RF 6/86, RP >10	o; Age 16-2	the follow	ing levels, fu 42/92, RP >9	rther evaluati	
MEDICAL	NORMAL			ABI	NORMAL	FINDINGS		
Appearance							Best and a subsequent of the Pa	<u> </u>
Eyes/Ears/Nose/Throat								
Hearing								
Lymph Nodes								
Cardiovascular						tic coarctation		
Cardiopulmonary		Physical s	stigmata of Mar	fan syndrome				
Lungs								
Abdomen								
Genitourinary (males only)					· · · · · · · · · · · · · · · · · · ·			
Neurological								
Skin								
MUSCULOSKELETAL	NORMAL			ABI	NORMAL	FINDINGS		
Neck								
Back							· · · · · · · · · · · · · · · · · · ·	
Shoulder/Arm		***************************************			· · · · · · · · · · · · · · · · · · ·			
Elbow/Forearm								
Wrist/Hand/Fingers			WIES-					
Hip/Thigh								
Knee			····					
Leg/Ankle								
Foot/Toes								
I hereby certify that I have represent the herein named student, and, the student is physically fit to by the student's parent/guar	on the basis of o participate in l	f such evalua Practices, Inte	tion and the ser-School Pra	student's He ectices, Scrir	ALTH HIST nmages,	ORY, certify the and/or Contest	nat, except as sts in the spo	s specified below, rt(s) consented to
CLEARED CLE	ARED, with rec	ommendation	ı(s) for furthei	evaluation	or treatme	ent for:		
NOT CLEARED for the Collision Contain Due to		CONTACT	STRENUOUS	s Mo		STRENUOUS	■ Non-str	RENUOUS
Recommendation(s)/Re	eferral(s)						.,,,,	
AME's Name (print/type) Address						Phone		
AME's Signature	М	D, DO, PAC, C	RNP, or SNP (circle one) C	ertificatio	n Date of CIP	PE/	<i></i>



Emergency Card for Athletes

- Emergency card/authorization for each athlete must accompany the athlete at all times.
- The card for each athlete should be carried in the first-aid kit for each sport.
- The card for each athlete should be readily accessible to the Coach, athletic trainer, or emergency personnel.
- Prior to the start of each sport, the card for each athlete should be reviewed by the Coach/trainer/athletic director or any other medical personnel for completeness.
- Include emergency phone numbers or significant medical history.

Please complete the information below prior to p	participation in each sports' season:		
Name:			
Address:			
City, State, Zip:			
Telephone:			
Blood Type:			
In case of accident or emergency, please contac			
Parent's/Guardian's Name	Relat	tionship	
Address	Emergency Contact Telephone # ()	<u>,,</u>
Secondary Emergency Contact Person's Name	Relation	onship	
Address	Emergency Contact Telephone # ()	
Medical Insurance Carrier	Policy I	Number	
Address			
Family Physician's Name			
Address	Telephone # ()	
Pre-Existing Circulatory/Pulmonary Conditions:			
Diabetes:			
Inhalers:			
Allergies or Allergic Reactions:			
Medications Being Used:			
Date of Tetanus Immunization:			
Have you ever had a concussion (i.e. bell rung, ding	, head rush) or head injury?	Yes	No
Other Pertinent Information:			
Developing to Transit	Parent	's/Guardian's S	ionature