



Athlete Information & PIAA Medical Packet

PIAA RULES & REGULATIONS

Each student athlete must turn the following into the Athletic Office before participation in any practice or games for any interscholastic sport or on any cheerleading squad:

Turn these in every school year-

- 1) AGSD Athlete Information
- 2) Section 1-Emergency Information-including medical insurance information
- 3) Section 2- Signed parent/guardian consent and parent signed PIAA Rules & Regulations
- 4) Section 3- Medical History
- 5) Section 4- Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Physician (CIPPE)- sports physical examination performed **AFTER June 1, 2010.**

Turn these sections in for subsequent sport seasons AFTER turning in a valid CIPPE:

- 6) Section 5-Parent Re-Certification form-required before every subsequent season. Signed no earlier than six weeks prior to start of season.
- 7) Section 6-Physician Re-Certification form-Principal's designee will determine if this form is necessary based on Section 5 information.

For more detailed information regarding PIAA Rules & Regulations, refer to the PIAA Handbook, Section 1, Constitution & By-Laws, Article V and XVI on the PIAA website: www.piaa.org under "Resources".

Please call 610-869-3022, ext. 3483, if you have any questions.

- 1) This physical packet is for **Avon Grove sports** only. Fill out all pages completely, with the exception of the physician's form, section 4, page 5. Fill out all information completely, even if information is duplicated.
- 2) Please sign where signatures are required. PARENTS: You should have signed in at least 7 places. STUDENTS: You need to sign 1 place, Section 3-Health History on page 4.
- 3) **Be sure to specify a specific sport on the Athlete Personal Information Form, page 1. This will automatically add you to the sign up list for that sport.** See below for a list of sports.
- 4) Section 4 must be completed by your doctor upon completion of a sport's physical. **This physical must be performed after June 1, 2010.** Your doctor may fax Section 4 to the middle school 610-869-0827.
- 5) AFTER completing the forms, make a copy of this packet for your records and submit originals to the Middle School Athletic Office. **Due to construction being performed this summer, all completed packets should be mailed to: Fred S. Engle Middle School, Attention Jan Newman, 107 School House Road, West Grove, PA 19390, by August 3, 2010.**
- 6) Check the website for information on try-outs, practices and games: www.avongrove.org/fsems, click on the sport under the "Athletics" heading.

SPORTS OFFERED:

FALL

Begins August 18, 2010

8th Grade Football

Begins August 23, 2010

7th Grade Football

Begins August 30, 2010

Girls' Soccer

Boys' Soccer

Field Hockey

Cheerleading

WINTER

Begins November 8, 2010

Girls' Basketball

Wrestling

Cheerleading

Begins December 6, 2010

Boys' Basketball

SPRING

Begins March 8, 2011

Baseball

Softball

Boys' Track & Field

Girls' Track & Field

Girls' Lacrosse

PACKETS DUE one week prior to first tryout date (starting dates subject to change).

**AVON GROVE SCHOOL DISTRICT
ATHLETE PERSONAL INFORMATION**

Parent/guardian must complete in BLACK ink. Please print.

School Year 2010-2011

Last Name _____ First Name _____ Middle: _____

Gender: M F Age _____ Birth date _____ Grade in School Year 2010-2011 _____

Student Home Phone # _____

Student Cell Phone # _____ School: _____ AGHS _____ FSEMS _____ A.G. Charter

What sport(s)? _____

Primary Language spoken at home: _____ English _____ Spanish _____ Other: _____

Parent/Guardian Names: Father _____ Home Phone # _____

Work Phone # _____

Cell/Car Phone # _____

Parent/Guardian Names: Mother _____ Home Phone # _____

Work Phone # _____

Cell/Car Phone # _____

Alternative Emergency Contact Person _____ Phone Number _____

Student's Health Insurance Company _____

ID# _____ Group # _____

MEDICAL INFORMATION:

Shot Dates: Tdap _____ MMR #1 _____ MMR #2 _____ Hep B #1 _____ Hep B #2 _____ Hep B #3 _____ Chicken Pox #1 _____ Chicken Pox #2 _____ Menactra _____

Check all that apply to athlete:

- | | |
|--|---|
| <input type="checkbox"/> Allergies (circle) Peanut, Bee, Latex | <input type="checkbox"/> Surgery (type/Date): _____ |
| <input type="checkbox"/> Epipen needed? | _____ |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Previous injury that kept athlete out of practice games (type/date): _____ |
| <input type="checkbox"/> High/Low Blood Pressure | _____ |
| <input type="checkbox"/> Heart Problem | <input type="checkbox"/> Protective Devices (braces, orthotics, etc.) _____ |
| <input type="checkbox"/> Severe Concussion | <input type="checkbox"/> Medicines taken regularly _____ |
| <input type="checkbox"/> Headaches | _____ |
| <input type="checkbox"/> Epilepsy | _____ |
| <input type="checkbox"/> Contact Lenses | _____ |

Please list any health issues that might be significant to the physician evaluating your child:

I certify all information to be correct:

Parent/Guardian Name (please print)

Parent/Guardian Signature

Date

This form will be available to the Athletic Trainer and the Coach in the event of an emergency.

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 four Sections of the CIPPE Form. Upon completion of Sections 1, 2, and 3 by the parent/guardian, and Section 4 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 performed earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.

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 5 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 6 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 Should be Aware _____

Student's Prescription Medications _____

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 _____ born on _____ 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 Sports	Signature of Parent or Guardian
Cross Country	
Field Hockey	
Football	
Golf	
Soccer	
Girls' Tennis	
Girls' Volleyball	
Water Polo	
Other	

Winter Sports	Signature of Parent or Guardian
Basketball	
Bowling	
Girls' Gymnastics	
Rifle	
Swimming and Diving	
Track & Field (Indoor)	
Wrestling	
Other	

Spring Sports	Signature of Parent or Guardian
Baseball	
Lacrosse	
Girls' Soccer	
Softball	
Boys' Tennis	
Track & Field	
Boys' Volleyball	
Other	

B. Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature _____ 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 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 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.

Parent's/Guardian's Signature _____ Date ____/____/____

F. Understanding of risk of concussion and head injury: I hereby acknowledge that I am familiar with the nature and risk of concussion and head injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or head injury. Information relevant to concussion in high school sports is available on the PIAA Web site at www.piaa.org/piaa-for/sports-med.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 3: HEALTH HISTORY

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

	Yes	No		Yes	No					
1. Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	23. Has a doctor every told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>					
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>					
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>					
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>					
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are your missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>					
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>					
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>					
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>					
9. Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR HEAD INJURY							
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Heart murmur		31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or head injury?	<input type="checkbox"/>	<input type="checkbox"/>					
<input type="checkbox"/> High cholesterol	<input type="checkbox"/> Heart infection		32. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>					
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	33. Do you experience dizziness and/or headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>					
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>					
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>					
13. Has any family member or relative died of heart problems or of sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever been unable to move your arms or legs after being hit or failing?	<input type="checkbox"/>	<input type="checkbox"/>					
14. Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	37. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>					
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>					
16. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	39. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>					
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, that caused you to miss a practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>					
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	41. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>					
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	42. Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>					
Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest	43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/ Toes	44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?									<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?									<input type="checkbox"/>	<input type="checkbox"/>
22. Do you regularly use a brace or assistive device?									<input type="checkbox"/>	<input type="checkbox"/>
								45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
								46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
								FEMALES ONLY	<input type="checkbox"/>	<input type="checkbox"/>
								47. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
								48. How old were you when you had your first menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
								49. How many periods have you had in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
								50. Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

#s	Explain "Yes" answers here:

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

Student's Signature _____ 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 4: 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) _____ BP _____/_____/_____ (_____/_____, ____/____) RP _____

If either the 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____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have 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):

COLLISION CONTACT NON-CONTACT STRENUOUS MODERATELY STRENUOUS NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP (circle one) Date of CIPPE ____/____/____