Ephrata Area School District
Athletic Department
Athletic Responsibility Acknowledgement Form

Athlete’s Name

Sport

Year

Prior to participating in any practice, tryout or contest for any interscholastic sport, each athlete must:

1. Successfully pass a sport physical after June 1 of the year on the PIAA required forms. All sections of the physical forms must be completed and on file with the Athletic Trainer. A PIAA recertification form is required if there is participation in athletics after the original season covered by the physical.
2. Return his/her Athletic Responsibility Acknowledgement Form properly signed.
3. Return his/her Acknowledgement of Risk Form properly completed.

As an Ephrata Area School District student-athlete participating voluntarily in interscholastic athletics, I understand that:

1. I must abide to all Ephrata Area School District and PIAA rules, regulations and policies. I have read this information which is found in the Student Handbook and posted online on the athletic website. Any questions or concerns I’ve had about these policies have been adequately answered.
2. I will be responsible for all athletic equipment and uniforms issued to me throughout this season, will return such equipment and uniforms at the conclusion of the season, and will pay the replacement price for any unreturned items.
3. I have specifically read and understand the Athletic Department policies and consequences related to drugs, alcohol and tobacco.
4. I must meet all PIAA and Ephrata Area School District eligibility requirements. I also understand that I must be passing at least 4 credits and can not be failing 2 or more classes or I will become ineligible.
5. I acknowledge that I have been properly advised and warned by administrative and coaching personnel of the Ephrata Area School District that I am exposing myself to the risk of injury. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
6. The Ephrata Area School District does not allow any acts of hazing, rights of initiation or sexual harassment. Any student found in violation will be subject to discipline, including suspension.
7. Student-athletes are expected to demonstrate the highest levels of sportsmanship on and off the field.
8. I, along with my parents/guardians, certify that we have read and understand all the Ephrata Area School District Athletic Policies listed in the Student Handbook, which is also posted online on the athletic webpage, and in order to be eligible for participation I must comply with all requirements listed.

Student Signature: ____________________________ Date: ______

Parent/Guardian Signature: ____________________________ Date: ______

Revised 5/2016
Fall Sport __________________ Signature of Parent/Guardian __________________
Grades in which you have competed in the sport at Ephrata 7_8_9_10_11_12__

Winter Sport ______________ Signature of Parent/Guardian ______________
Grades in which you have competed in the sport at Ephrata 7_8_9_10_11_12__

Spring Sport ______________ Signature of Parent/Guardian ______________
Grades in which you have competed in the sport at Ephrata 7_8_9_10_11_12__

Number of Semesters of Attendance in School: Including this present semester:
(For a grade you have already completed, you should put a 2 on the line, for your current grade, you should put a 1 on the line if you are competing in a fall or winter sport, or a 2 if you are competing in a spring sport.)

INSURANCE VERIFICATION

We, the parents or guardians of __________________________ have insurance with __________________________ insurance carrier with policy number: __________________________
that will pay the medical or surgical expenses resulting from any injury, major or minor, that the above-named student may receive as a result of practicing, traveling or performing in interscholastic athletics for the Ephrata Area School District.

The Ephrata Area School District provides a secondary insurance policy on all student athletes within our interscholastic athletic programs. The Athletic Trainer has all necessary forms for the secondary policy.

PARENT'S TRAVEL PERMIT

I hereby give my consent for __________________________ to travel to and from athletic events or practices scheduled by the Ephrata Area School District Athletic Department. I understand the department policy will be to provide transportation by school bus or van driven by a district approved driver. I understand my son/daughter is expected to travel on the school district provided transportation. If a situation arises and requires my son/daughter to be transported by a parent/guardian, I understand a signed note must be turned into the athletic department or coach prior to the contest.

Parent/Guardian Signature: __________________________ Date: ______________

AGREEMENT TO BE PHOTOGRAPHED

Through participation in the sport, students will be photographed during in-game, action situations. To be eligible to participate, permission must be granted to be photographed during the in-game, action situations.

Permission to be photographed in "staged" settings, such as team pictures and media head shots, must be given below:

____ Yes, Parent/Guardian signature: __________________________ Date: ______________
____ No, Parent / Guardian signature: __________________________ Date: ______________

Revised 5/2016
INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal’s designee, of the student’s school for retention by the school. The CIPPE may not be authorized earlier than June 1st and shall be effective, regardless of when performed during a school year, until the latter of the next May 31st or the conclusion of the current spring sports season.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 7 of this form and must turn in that Section to the Principal, or Principal’s designee, of his or her school. The Principal, or the Principal’s designee, will then determine whether Section 8 need be completed.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION

Student’s Name ___________________________ Male/Female (circle one)

Date of Student’s Birth: ____/____/______ Age of Student on Last Birthday: _____ Grade for Current School Year: _____

Current Physical Address __________________________________________

Current Home Phone # ( )___________ Parent/Guardian Current Cellular Phone # ( )___________

Fall Sport(s): ___________________ Winter Sport(s): ___________________ Spring Sport(s): ___________________

EMERGENCY INFORMATION

Parent’s/Guardian’s Name ___________________________ Relationship ________

Address ___________________________________ Emergency Contact Telephone # ( )___________

Secondary Emergency Contact Person’s Name ___________________________ Relationship ________

Address ___________________________________ Emergency Contact Telephone # ( )___________

Medical Insurance Carrier ___________________________ Policy Number __________________________

Address ___________________________________ Telephone # ( )___________

Family Physician’s Name ___________________________ MD or DO (circle one)

Address ___________________________________ Telephone # ( )___________

Student’s Allergies ___________________________

Student’s Health Condition(s) of Which an Emergency Physician or Other Medical Personnel Should be Aware

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Student’s Prescription Medications and conditions of which they are being prescribed __________________________

________________________________________________________________________

________________________________________________________________________

Revised: March 22, 2017
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 _______________ 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.

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

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 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 __________________________ 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. 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 ____ / ____ / ____

F. CONFIDENTIALITY: The information on this CIPPE shall be treated as confidential by school personnel. It may be used by the school's athletic administration, coaches and medical staff to determine athletic eligibility, to identify medical conditions and injuries, and to promote safety and injury prevention. In the event of an emergency, the information contained in this CIPPE may be shared with emergency medical personnel. Information about an injury or medical condition will not be shared with the public or media without written consent of the parent(s) or guardian(s).

Parent's/Guardian's Signature __________________________ Date ____ / ____ / ____
**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 Signature ____________________________________________ Date ___/___/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent’s/Guardian’s Signature ________________________________ Date ___/___/____
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.

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
SECTION 5: HEALTH HISTORY

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

1. Has a doctor ever denied or restricted your participation in sports for any reason? [ ] Yes [ ] No
2. Do you have an ongoing medical condition (like asthma or diabetes)? [ ] Yes [ ] No
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? [ ] Yes [ ] No
4. Do you have allergies to medicines, pollens, foods, or stinging insects? [ ] Yes [ ] No
5. Have you ever passed out or nearly passed out during exercise? [ ] Yes [ ] No
6. Have you ever passed out or nearly passed out after exercise? [ ] Yes [ ] No
7. Have you ever had discomfort, pain, or pressure in your chest during exercise? [ ] Yes [ ] No
8. Does your heart race or skip beats during exercise? [ ] Yes [ ] No
9. Has a doctor ever told you that you have (check all that apply): [ ] High blood pressure [ ] Heart murmur [ ] High cholesterol [ ] Heart infection
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram) [ ] Yes [ ] No
11. Has anyone in your family died for no apparent reason? [ ] Yes [ ] No
12. Does anyone in your family have a heart problem? [ ] Yes [ ] No
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50? [ ] Yes [ ] No
14. Does anyone in your family have Marfan syndrome? [ ] Yes [ ] No
15. Have you ever spent the night in a hospital? [ ] Yes [ ] No
16. Have you ever had surgery? [ ] Yes [ ] No
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendinitis, which caused you to miss a practice or contest? If yes, circle affected area below: [ ] Yes [ ] No
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below: [ ] Yes [ ] No
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: [ ] Yes [ ] No

20. Have you ever had a stress fracture? [ ] Yes [ ] No
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? [ ] Yes [ ] No
22. Do you regularly use a brace or assistive device? [ ] Yes [ ] No
23. Has a doctor ever told you that you have asthma or allergies? [ ] Yes [ ] No
24. Do you cough, wheeze, or have difficulty breathing during or after exercise? [ ] Yes [ ] No
25. Is there anyone in your family who has asthma? [ ] Yes [ ] No
26. Have you ever used an inhaler or taken asthma medicine? [ ] Yes [ ] No
27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? [ ] Yes [ ] No
28. Have you had infectious mononucleosis (mono) within the last month? [ ] Yes [ ] No
29. Do you have any rashes, pressure sores, or other skin problems? [ ] Yes [ ] No
30. Have you ever had a herpes skin infection? [ ] Yes [ ] No

CONCUSSION OR TRAUMATIC BRAIN INJURY
31. Have you ever had a concussion (i.e., bell rung, ding, head rush) or traumatic brain injury? [ ] Yes [ ] No
32. Have you been hit in the head and been confused or lost your memory? [ ] Yes [ ] No
33. Do you experience dizziness and/or headaches with exercise? [ ] Yes [ ] No
34. Have you ever had a seizure? [ ] Yes [ ] No
35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? [ ] Yes [ ] No
36. Have you ever been unable to move your arms or legs after being hit or falling? [ ] Yes [ ] No
37. When exercising in the heat, do you have severe muscle cramps or become ill? [ ] Yes [ ] No
38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? [ ] Yes [ ] No
39. Have you had any problems with your eyes or vision? [ ] Yes [ ] No
40. Do you wear glasses or contact lenses? [ ] Yes [ ] No
41. Do you wear protective eyewear, such as goggles or a face shield? [ ] Yes [ ] No
42. Are you unhappy with your weight? [ ] Yes [ ] No
43. Are you trying to gain or lose weight? [ ] Yes [ ] No
44. Has anyone recommended you change your weight or eating habits? [ ] Yes [ ] No
45. Do you limit or carefully control what you eat? [ ] Yes [ ] No
46. Do you have any concerns that you would like to discuss with a doctor? [ ] Yes [ ] No

FEMALES ONLY
47. Have you ever had a menstrual period? [ ] Yes [ ] No
48. How old were you when you had your first menstrual period? [ ] Yes [ ] No
49. How many periods have you had in the last 12 months? [ ] Yes [ ] No
50. Are you pregnant? [ ] Yes [ ] No

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

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name ____________________________ Age ______ Grade ______

Enrolled in __________________________________ School Sport(s) __________________________

Height ______ Weight ______ % Body Fat (optional) ______ Brachial Artery BP ___/____ / ____ (____/____ / ____/____) RP ______

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended.

**Age 10-12:** BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/82, RP >96.

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

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<thead>
<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyes/Ears/Nose/Throat</td>
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<td></td>
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<tr>
<td>Hearing</td>
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<tr>
<td>Lymph Nodes</td>
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<td>□ Heart murmur</td>
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<td></td>
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<td>□ Femoral pulses to exclude aortic coarctation</td>
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<td>□ Physical stigmata of Marfan syndrome</td>
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<td>Cardiopulmonary</td>
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<td>Genitourinary (males only)</td>
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<td>Neurological</td>
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<tr>
<td>Skin</td>
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<thead>
<tr>
<th>MUSCULOSKELETAL</th>
<th>NORMAL</th>
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<td>Shoulder/Arm</td>
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<td>Elbow/Forearm</td>
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<td>Wrist/Hand/Fingers</td>
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<td>Leg/Ankle</td>
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<td>Foot/Toes</td>
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I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

☐ CLEARED  ☐ 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) Certification Date of CIPPE ____/____/____
RISK OF INJURY ACKNOWLEDGEMENT

The Ephrata Area School District has provided you with a qualified staff, protective equipment and qualified supportive staff in sports medicine. Despite all efforts to minimize your risks as a participant in sport, athletes are seriously injured in most sports every year. Because of this fact, the risk of catastrophic injury (blindness, paraplegia, quadriplegia, brain injury or even death) is inherent in sports. Your parents, and you, as a participant, must accept this risk or you should not participate.

For your personal safety, it is imperative that you:

1. Inspect your equipment on a daily basis. Report any improperly fitting and/or faulty equipment to your coach or the athletic trainer. Only use equipment as it is designed to be used in athletic training and competition.

2. Know the rules of the game and observe them. They are guidelines for your safety in participation.

3. Listen to good coaching instructions and learn proper techniques to enhance your physical skills. Good technique makes you a better and safer player.

4. Report all injuries or illnesses to the athletic trainer and/or team physician immediately upon occurrence. (This is important for many reasons, including documentation for insurance and our records.) Follow the advice of the athletic trainer and team physician regarding participation following an injury or illness.

*****If you see a Dr. for an injury/illness, you may not return to participation in your sport until the athletic training staff has received a note from the Doctor, clearing you for return to participation.*****

5. If any injury occurs:  DO NOT MOVE AN INJURED PLAYER!  DO NOT ATTEMPT TO REMOVE ANY GEAR!

I, (Student Athlete) ___________________________ have read the above statements and have discussed any questions I may have with the coach and/or athletic trainer. I, (Parent/Guardian) ___________________________ have read the above statements and have discussed any questions I may have with the coach and/or athletic trainer. We fully understand the risks involved in participating in athletics at Ephrata Area School District and by signing below voluntarily request permission to participate in interscholastic athletics provided by the Ephrata Area School District.

_________________________________________  DATE
SIGNATURE OF ATHLETE

_________________________________________  DATE
SIGNATURE OF PARENT/GUARDIAN

Revised 5/2016