**Parent Instructions for Athletic Physical Examination**

Dear Parent/Guardian:

The West Mifflin Health Services Department has adopted the new PIAA Comprehensive Initial Pre-Participation Physical Evaluation for all sports. Students are required to have only one physical exam per school year. Parents/guardians would only need to complete a re-certification form (section 8) for ANY and all subsequent sports during the school year. However, if the student suffered illness or injury within the school year, they will be required to have a re-certification by their physician (section 9). **Physicals must be completed on or after June 1st of each school year.**

Please follow these instructions when completing the athletic physical forms.

1. Complete forms labeled Sections 1, 2, 3, 4, 5, 6, the West Mifflin’s Sports Insurance for School Year form and the UPMC forms. The Insurance for School Year form is only an acknowledgement of procedures.

2. If you choose to have your family doctor to complete the exam, take this entire packet with you for them to complete Section 7. Return all the completed forms to the nurse’s office once the exam is completed.

3. If you desire to have the school physician complete the physical for sports (at the expense of the school district), **have your child return this completed packet to the school nurse.** An appointment will be given at that time for a school physical. During summer months, students may turn in the physical packet to the Athletic Office. Please call the school nurse at 412-466-9131 ext.1011 or the athletic office at 412-466-9131 ext. 1031 with any questions.

4. This packet can also be printed from the District website at: [www.wmasd.org](http://www.wmasd.org) or the Athletic website at [www.westmifflintitans.com](http://www.westmifflintitans.com).
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 seven Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, 5 and 6 by the student and parent/guardian; and Section 7 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 8 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 9 need be completed.

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 __________________________________________________________________________________________

I give consent for my child’s examination to be completed by the physician by the West Mifflin Area School District. I understand that the examination will not be completed without my written consent.

Parent/Guardian Signature _________________________________ Date: __/__/______

Daytime Phone Number (     ) _________________________________
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.

<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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<table>
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<tr>
<th>Winter Sports</th>
<th>Signature of Parent or Guardian</th>
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<tbody>
<tr>
<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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<td>Swimming and Diving</td>
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<td>Track &amp; Field (Indoor)</td>
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<tr>
<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’ Lacrosse</td>
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<td>Girls’ Lacrosse</td>
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<td>Softball</td>
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<tr>
<td>Boys’ Tennis</td>
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<tr>
<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 7 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) occurs when the heart suddenly and unexpectedly stops beating. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart’s electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?
There are about 350,000 cardiac arrests that occur outside of hospitals each year. More than 10,000 individuals under the age of 25 die of SCA each year. SCA is the number one killer of student athletes and the leading cause of death on school campuses.

Are there warning signs?
Although SCA happens unexpectedly, some people may have signs or symptoms, such as

- Dizziness or lightheadedness when exercising;
- Fainting or passing out during or after exercising;
- Shortness of breath or difficulty breathing with exercise, that is not asthma related;
- Racing, skipped beats or fluttering heartbeat (palpitations);
- Fatigue (extreme or recent onset of tiredness);
- Weakness;
- Chest pains/pressure or tightness during or after exercise.

These symptoms can be unclear and confusing in athletes. Some may ignore the signs or think they are normal results off physical exhaustion. If the conditions that cause SCA are diagnosed and treated before a life-threatening event, sudden cardiac death can be prevented in many young athletes.

What are the risks of practicing or playing after experiencing these symptoms?
There are significant risks associated with continuing to practice or play after experiencing these symptoms. The symptoms might mean something is wrong and the athlete should be checked before returning to play. When the heart stops due to cardiac arrest, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience a SCA die from it; survival rates are below 10%.

Act 73 – Peyton’s Law - Electrocardiogram testing for student athletes
The Act is intended to help keep student-athletes safe while practicing or playing by providing education about SCA and by requiring notification to parents that you can request, at your expense, an electrocardiogram (EKG or ECG) as part of the physical examination to help uncover hidden heart issues that can lead to SCA.

Why do heart conditions that put youth at risk go undetected?
- Up to 90 percent of underlying heart issues are missed when using only the history and physical exam;
- Most heart conditions that can lead to SCA are not detectable by listening to the heart with a stethoscope during a routine physical; and
- Often, youth don’t report or recognize symptoms of a potential heart condition.

What is an electrocardiogram (EKG or ECG)?
An ECG/EKG is a quick, painless and noninvasive test that measures and records a moment in time of the heart’s electrical activity. Small electrode patches are attached to the skin of your chest, arms and legs by a technician. An ECG/EKG provides information about the structure, function, rate and rhythm of the heart.

Why add an ECG/EKG to the physical examination?
Adding an ECG/EKG to the history and physical exam can suggest further testing or help identify up to two-thirds of heart conditions that can lead to SCA. An ECG/EKG can be ordered by your physician for screening for cardiovascular disease or for a variety of symptoms such as chest pain, palpitations, dizziness, fainting, or family history of heart disease.

- ECG/EKG screenings should be considered every 1-2 years because young hearts grow and change.
- ECG/EKG screenings may increase sensitivity for detection of undiagnosed cardiac disease but may not prevent SCA.
- ECG/EKG screenings with abnormal findings should be evaluated by trained physicians.
- If the ECG/EKG screening has abnormal findings, additional testing may need to be done (with associated cost and risk) before a diagnosis can be made, and may prevent the student from participating in sports for a short period of time until the testing is completed and more specific recommendations can be made.
- The ECG/EKG can have false positive findings, suggesting an abnormality that does not really exist (false positive findings occur less when ECG/EKGs are read by a medical practitioner proficient in ECG/EKG interpretation of children, adolescents and young athletes).
- ECGs/EKGs result in fewer false positives than simply using the current history and physical exam.

The American College of Cardiology/American Heart Association guidelines do not recommend an ECG or EKG in asymptomatic patients but do support local programs in which ECG or EKG can be applied with high-quality resources.

Removal from play/return to play
Any student-athlete who has signs or symptoms of SCA must be removed from play (which includes all athletic activity). The symptoms can happen before, during, or after activity.

Before returning to play, the athlete must be evaluated and cleared. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed this form and understand the symptoms and warning signs of SCA. I have also read the information about the electrocardiogram testing and how it may help to detect hidden heart issues.

_________________________________________  ______________________________
Signature of Student-Athlete                  Print Student-Athlete’s Name

_________________________________________  ______________________________
Signature of Parent/Guardian                  Print Parent/Guardian’s Name

Date / / 

PA Department of Health/CDC. Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet Acknowledgement of Receipt and Review Form. 7/2012 PIAA Revised  October 28, 2020
The COVID-19 pandemic presents athletes with a myriad of challenges concerning this highly contagious illness. Some severe outcomes have been reported in children, and even a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of being infected with or furthering the spread of COVID-19, PIAA has urged all member schools to take necessary precautions and comply with guidelines from the federal, state, and local governments, the CDC and the PA Departments of Health and Education to reduce the risks to athletes, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, PIAA reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure to athletes, coaches and other involved persons. Additionally, each school has been required to adopt internal protocols to reduce the risk of transmission.

The undersigned acknowledge that they are aware of the highly contagious nature of COVID-19 and the risks that they may be exposed to or contract COVID-19 or other communicable diseases by permitting the undersigned student to participate in interscholastic athletics. We understand and acknowledge that such exposure or infection may result in serious illness, personal injury, permanent disability or death. We acknowledge that this risk may result from or be compounded by the actions, omissions, or negligence of others. The undersigned further acknowledge that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, these risks do exist. Additionally, persons with COVID-19 may transmit the disease to others who may be at higher risk of severe complications.

By signing this form, the undersigned acknowledge, after having undertaken to review and understand both symptoms and possible consequences of infection, that we understand that participation in interscholastic athletics during the COVID-19 pandemic is strictly voluntary and that we agree that the undersigned student may participate in such interscholastic athletics. The undersigned also understand that student participants will, in the course of competition, interact with and likely have contact with athletes from their own, as well as other, schools, including schools from other areas of the Commonwealth. Moreover, they understand and acknowledge that our school, PIAA and its member schools cannot guarantee that transmission will not occur for those participating in interscholastic athletics.

**NOTWITHSTANDING THE RISKS ASSOCIATED WITH COVID-19, WE ACKNOWLEDGE THAT WE ARE VOLUNTARILY ALLOWING STUDENT TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS WITH KNOWLEDGE OF THE DANGER INVOLVED. WE HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS, DISABILITY AND/OR DEATH RELATED TO COVID-19, ARISING FROM SUCH PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF PIAA OR OTHERWISE.**

We hereby expressly waive and release any and all claims, now known or hereafter known, against the student’s school, PIAA, and its officers, directors, employees, agents, members, successors, and assigns (collectively, "Releasees"), on account of injury, illness, disability, death, or property damage arising out of or attributable to Student’s participation in interscholastic athletics and being exposed to or contracting COVID-19, whether arising out of the negligence of PIAA or any Releasees or otherwise. We covenant not to make or bring any such claim against PIAA or any other Releasee, and forever release and discharge PIAA and all other Releasees from liability under such claims.

Additionally, we shall defend, indemnify, and hold harmless the student’s school, PIAA and all other Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including attorney fees, fees, and the costs of enforcing any right to indemnification and the cost of pursuing any insurance providers, incurred by/awarded against the student’s school, PIAA or any other Releasees in a final judgment arising out or resulting from any claim by, or on behalf of, any of us related to COVID-19.

We willingly agree to comply with the stated guidelines put forth by the student’s school and PIAA to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that the student is, to the best of our knowledge, in good physical condition and allow participation in this sport at our own risk. By signing this Supplement, we acknowledge that we have received and reviewed the student’s school athletic plan.

Date: __________________________

Signature of Student

Print Student’s Name

Signature of Parent/Guardian

Print Parent/Guardian’s Name

Revised – October 7, 2020
SECTION 6: 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 sport(s) 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 tendonitis, 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

CONCUSSION OR TRAUMATIC BRAIN INJURY
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
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? [ ]
49. How many periods have you had in the last 12 months? [ ]
50. Are you pregnant? [ ] Yes [ ] No

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| #’s | Explain “Yes” answers here: |

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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 7: 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 ___________________________ School ___________________________ 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.


Vision: R 20/_____ L 20/_______ Corrected: YES NO (circle one) Pupils: Equal ______ Unequal ______

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<tr>
<th>MEDICAL</th>
<th>NORMAL</th>
<th>ABNORMAL FINDINGS</th>
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<tr>
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<tr>
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<td>□ Heart murmur □ Femoral pulses to exclude aortic coarctation □ Physical stigmata of Marfan syndrome</td>
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<tr>
<td>Cardiopulmonary</td>
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<tr>
<td>Lungs</td>
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<tr>
<td>Abdomen</td>
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<tr>
<td>Genitourinary (males only)</td>
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<tr>
<td>Neurological</td>
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<tr>
<td>Skin</td>
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<tr>
<td>MUSCULOSKELETAL</td>
<td>NORMAL</td>
<td>ABNORMAL FINDINGS</td>
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<tr>
<td>Neck</td>
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<td>Back</td>
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<tr>
<td>Shoulder/Arm</td>
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<tr>
<td>Elbow/Forearm</td>
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<td>Wrist/Hand/Fingers</td>
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<tr>
<td>Hip/Thigh</td>
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<td>Knee</td>
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<td>Leg/Ankle</td>
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<tr>
<td>Foot/Toes</td>
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</tbody>
</table>

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 ____/____/____
West Mifflin School District

Sports Insurance for School Year

Dear Parents:

West Mifflin School District has purchased insurance to cover most medical expenses from injury due to interscholastic sports including football, band, cheerleading, school time field trips, and basketball camp activities.

Benefits are provided for accidental injuries for which medical treatment is rendered. The initial treatment must be rendered within 90 days of the date of accident, and benefits are limited to $25,000 for two years. This policy provides has limited coverage. Under no circumstances should it be concluded, and is definitely NOT meant to be implied that there is a 100% coverage in the event of an injury. This coverage IS NOT intended to replace the Major Medical coverage provided by parents/guardians through group insurance.

If an athlete or other covered student is injured, the policy pays for the first $100 of Usual, Reasonable and Customary (URC) charges. In most cases where a minor injury has occurred and the claim is less than $100, the entire bill will be paid by A-G Administrators, LLC. In the event that the bills resulting from the injury are in excess of $100, the parent/guardian must complete necessary insurance forms with their own insurance carrier. Once covered expenses have been paid by the parent/guardian's insurance carrier, the remaining excess bills should then be resubmitted for any further payments.

**If your son or daughter is injured:**

1. Report the claim to your hospitalization carrier (as primary) and to A-G Administrators LLC (as excess). For A-G Administrators LLC, you may obtain a claim form from the school office. Complete this form, print out and send to the address below. Please have the section pertaining to the school completed by a school official.

   A-G ADMINISTRATORS LLC  
   PO Box 21013, Eagan, MN 55121  
   Ph: (610) 933-0800 Fx: (610) 933-4122 Email: claims@agadm.com

2. If possible, attach medical bills and corresponding Explanation of Benefits (EOBs) to the Claim Report when it is submitted to A-G Administrators LLC. This should be done within 90 days from the date of injury. If medical bills must be sent at a later date, be sure to indicate School District name, student's name and the date of injury.

3. If A-G Administrators LLC requests additional information, please respond immediately to expedite the prompt handling of your claim.

4. Any questions may be referred to A-G Administrators LLC at 610.933.0800.

Parents/Guardians will be required to provide their medical insurance information prior to participation in the athletic program for the primary safety and care of our athletes.

__________________________________________________
I have read the above and fully understand claim information and procedure.

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Parent/Guardian Signature</th>
<th>Date</th>
</tr>
</thead>
</table>

Family Primary Insurance ____________________________ (Private Insurance Company)
As part of a contractual agreement with UPMC Sports Medicine, certified athletic trainers may aide in the prevention, recognition, evaluation, and treatment of athletic injuries. Please note that the forms below have no relationship to your health insurance plan and in no way, influence your choice of medical care. UPMC must have these forms completed to comply with privacy and standard consent to treat laws.

(1) UPMC Authorization for Release of Protected Health Information

- I authorize UPMC to provide information related to the athlete’s care to family/school/team physicians, school nurses, coaches, athletic directors, school principals, EMS personnel, and such other persons as is necessary needed for them to provide consultation, treatment, establish a plan of care or determine whether the athlete may resume participation in school or sports activities.

- I authorize UPMC to use the athlete’s medical information for UPMC internal departmental reporting purposes.

- I authorize UPMC (including its hospitals, other entities and programs) to use medical or other information maintained on electronic information systems or stored in various forms about the athlete’s care, health care operations, or payment for treatment and services.

- I understand that the health record(s) released by UPMC may be re-disclosed by the facility/person that receives the record(s) and therefore (1) UPMC and its staff/employees has no responsibility or liability because of the re-disclosure and (2) such information may no longer be protected by federal or state privacy laws.

- I understand that this Authorization is in effect for a period of one year from the date signed by the athlete.

- I understand that this Authorization is in effect if the athlete is treated for an injury during off-season workouts; however, no time frame specified shall go beyond one year from the date of signature.

- I understand that I have the right to revoke this Authorization form at any time by sending a written request to UPMC at the location where the Authorization was provided.

- I understand that my decision to revoke the Authorization does not apply to any release of my health record(s) that may have taken place prior to the date of my request to revoke the Authorization.

- I understand that I am entitled to a copy of this completed Authorization form.
(2) UPMC Consent for Treatment and Healthcare Operations

I consent to the provision of care. I understand that this care may include medical treatment, special tests, exams, evaluation, treatment, and rehabilitation of athletic injuries. I acknowledge that no guarantees have been given to me as to the outcome of any examination or treatment and all results of any examination and/or treatment are kept confidential.

I understand and agree that others may assist or participate in providing care. This may include, but may not be limited to team physician, school nurse, and licensed physical therapists. Under the direction of a certified athletic trainer, college/university athletic training students and high school student aides may also provide care.

I acknowledge that no guarantees have been given to me as to the outcome of any examination or treatment.

In the event of ImPACT baseline testing, I understand the ImPACT baseline testing provided by UPMC Sports Medicine is not intended to prevent, diagnose, or treat a concussion and is not to be administered following a possible concussion. If the athlete suffers a concussion, the administration of an ImPACT post-test is generally conducted at the discretion of the concussion specialist at their facility.

(3) UPMC Privacy Practices

I understand that copies of the UPMC Notice of Privacy Practices document are available at the school, can be sent in the mail upon my request or viewed at http://www.upmc.com/patients-visitors/privacy-info/Pages/default.aspx. I give UPMC and its designees permission to use my information as described in the UPMC Notice of Privacy Practices.

By signing below, I am acknowledging the above (1) Authorization for Release of Protected Health Information, (2) Consent for Treatment and Healthcare Operations, and (3) Notice of Privacy Practices.

_________________________________________  Date
Athlete signature

_________________________________________  Date
Parent or guardian signature/relationship

_________________________________________  Date
Parent or guardian signature/relationship

For Office Use Only:
Sign here if patient failed to acknowledge receipt of Notice of Privacy Practices: __________________________
Reason given by patient for failure to acknowledge receipt of the Notice of Privacy Practices: __________________________