Fort Cherry High School Pre-Participation Player Packet 2024 – 2025

All physicals must be dated after May 1st, 2024 or they will not be accepted.



Student Name	
Grade	<u> </u>
Fall Sport(s)	
Winter Sport(s)	
Spring Sport(s)	



PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION



INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school for retention by the school. The CIPPE may not be authorized earlier than May 1st and shall be effective, regardless of when performed during a school year, until the latter of the next April 30th or the conclusion of the spring sports season.

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

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION	
Student's Name	Male/Female (circle o
Date of Student's Birth:// Age of Stude	nt on Last Birthday: Grade for Current School Year:
Current Physical Address	
Current Home Phone # () Pare	ent/Guardian Current Cellular Phone # ()
	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 o
Address	Telephone # ()
Student's Allergies	
Student's Health Condition(s) of Which an Emergency Phy	ysician or Other Medical Personnel Should be Aware
Student's Prescription Medications and conditions of which	h they are being prescribed

Revised: March 24, 2024 BOD approved

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

The student	i's parent/guardian must d	complete all part	s of this form.		
A. I hereby	give my consent for			born on	
who turned	on his/her last birt	hday, a student o	of		School
and a reside		D			public school district,
	e in Practices, Inter-School s) as indicated by my signat				
in the sport	as indicated by my signal	tare(3) rollowing ti	ic name of the said spor	t(3) approved below	•
Fall	Signature of Parent	Winter	Signature of Parent	Spring	Signature of Parent
Sports	or Guardian	Sports	or Guardian	Sports	or Guardian
Cross Country		Basketball		Baseball	
Field		Bowling Competitive		Boys' Lacrosse	
Hockey Football		Spirit Squad		Girls'	
Golf		Girls' Gymnastics		Lacrosse Softball	
Soccer		Rifle		Boys'	. =
Girls'		Swimming		Tennis Track & Field	
Tennis Girls'		and Diving Track & Field		(Outdoor)	
Volleyball		(Indoor)		Boys'	
Water Polo		Wrestling		Volleyball Other	
Other		Other			
concerning to Contests invinctude, but	etanding of eligibility rul he eligibility of students at lolving PIAA member school are not necessarily limited ason and out-of-season rule erformance.	PIAA member schols. Such require I to age, amateur	nools to participate in Inte ments, which are posted r status, school attenda	er-School Practices, I on the PIAA Web nce, health, transfe	Scrimmages, and/or site at www.piaa.org , r from one school to
Parent's/Gua	ardian's Signature			Da	ate/
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 SignatureDate//					
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/Gua	ardian's Signature			Da	ate/
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.					
	ardian's Signature	_			ate/
F. Confid by the scho conditions a contained in condition will	entiality: The information of solds athletic administration and injuries, and to promote this CIPPE may be shared with the put	on this CIPPE sha , coaches and na te safety and injuited with emerger olic or media with	all be treated as confider nedical staff to determinally prevention. In the concept medical personnel. The pout written consent of the	ntial by school persone athletic eligibility event of an emerge Information about a parent(s) or guardi	 to identify medical ency, the information an injury or medical an(s).
Parent's/Gu	ardian's Signature			Da	ate//

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 traumate participating in interscholastic athletics, including the risks associated with continuing to compete traumatic brain injury.	itic brain after a c	injur oncus	y while ssion or
Student's Signature	_Date	_/	
I hereby acknowledge that I am familiar with the nature and risk of concussion and trauma participating in interscholastic athletics, including the risks associated with continuing to compete traumatic brain injury.	itic brain after a c	injur oncu	ry while ssion or
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.

Date

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.

	oms 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.		
		Date//
Signature of Student-Athlete	Print Student-Athlete's Name	

Signature of Parent/Guardian

Print Parent/Guardian's Name

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

Student's Name			Age	Grade	
	SE	CTION 5	: HEALTH HISTORY		
Explain "Yes" answers at the bottom of the					
Circle questions you don't know the answers					
Has a doctor ever denied or restricted your	Yes	No	23. Has a doctor ever told you that you have	Yes	No
participation in sport(s) for any reason?			asthma or allergies?		
Do you have an ongoing medical condition (like asthma or diabetes)?			24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?		
Are you currently taking any prescription or	_	_	Is there anyone in your family who has		
nonprescription (over-the-counter) medicines or pills?			asthma? 26. Have you ever used an inhaler or taken		_
 Do you have allergles to medicines, 			asthma medicine?		
pollens, foods, or stinging insects? 5. Have you ever passed out or nearly	_		 Were you born without or are your missing a kidney, an eye, a testicle, or any other 		
passed out DURING exercise?			organ?		_
6. Have you ever passed out or nearly passed out AFTER exercise?			28. Have you had infectious mononucleosis (mono) within the last month?		
Have you ever had discomfort, pain, or			Do you have any rashes, pressure sores,		
pressure in your chest during exercise? 8. Does your heart race or skip beats during		_	or other skin problems? 30. Have you ever had a herpes skin	_	_
exercise?			infection?		
Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR TRAUMATIC BRAIN INJURY 31. Have you ever had a concussion (i.e. bell		_
☐ High blood pressure ☐ Heart murmur			rung, ding, head rush) or traumatic brain		□
☐ High cholesterol ☐ Heart infection			injury? 32. Have you been hit in the head and been		
 Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram) 			confused or lost your memory? 33. Do you experience dizziness and/or	_	
11. Has anyone in your family died for no			headaches with exercise?		
apparent reason? 12. Does anyone in your family have a heart			34. Have you ever had a seizure?		
problem?			 Have you ever had numbness, tingling, or weakness in your arms or legs after being hit 		
 Has any family member or relative been disabled from heart disease or died of heart 			or falling?	_	_
problems or sudden death before age 50?	_	_	36. Have you ever been unable to move your arms or legs after being hit or falling?		
14. Does anyone in your family have Marfan Syndrome?			When exercising in the heat, do you have		
15. Have you ever spent the night in a			severe muscle cramps or become ill? 38. Has a doctor told you that you or someone	_	_
hospital? 16. Have you ever had surgery?	_	_	in your family has sickle cell trait or sickle cell		
17. Have you ever had an injury, like a sprain,			disease? 39. Have you had any problems with your	_	_
muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest?			eyes or vision?	<u>u</u>	Ц
If yes, circle affected area below:			40. Do you wear glasses or contact lenses?		
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle			41. Do you wear protective eyewear, such as goggles or a face shield?		
below:		_	42. Are you unhappy with your welght?		
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections,			43. Are you trying to gain or lose weight?		
rehabilitation, physical therapy, a brace, a			44. Has anyone recommended you change your weight or eating habits?		
cast, or crutches? If yes, circle below: Head Neck Shoulder Upper Elbow Forearm	Hand/	Chest	your weight or eating habits? 45. Do you limit or carefully control what you		
arm Upper Lower Hip Thigh Knee Calf/shin	Fingers Ankle	Foot/	eat? 46. Do you have any concerns that you would	_	_
back back 20. Have you ever had a stress fracture?		Toes	like to discuss with a doctor?		
21. Have you been told that you have or have	_	_	MENSTRUAL QUESTIONS- IF APPLICABLE		
you had an x-ray for atlantoaxial (neck) instability?			47. Have you ever had a menstrual period?		
22. Do you regularly use a brace or assistive			48. How old were you when you had your first menstrual period?		
device?	_	_	49. How many periods have you had in the		
			last 12 months? 50. When was your last menstrual period?		
#s		•	Explain "Yes" answers here:		
			-		
I hereby certify that to the best of my knowledg	م عال مخد	o info	nation herein is true and complete		
Student's Signature Date//					
I hereby certify that to the best of my knowledg	e all of th	e inform			
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. _____ Age____ ______School Sport(s) _____ Student's Name Enrolled in 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; >142/92, RP >96. Pupils: Equal____ Unequal__ Vision: R 20/____ L 20/___ Corrected: YES NO (circle one) NORMAL ABNORMAL FINDINGS MEDICAL Appearance Eves/Ears/Nose/Throat Hearing Lymph Nodes Heart murmur Femoral pulses to exclude aortic coarctation Cardiovascular ☐ Physical stigmata of Marfan syndrome 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/quardian 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): ☐ CONTACT ☐ NON-CONTACT ☐ STRENUOUS ☐ MODERATELY STRENUOUS ■ Non-strenuous ☐ COLLISION Recommendation(s)/Referral(s) AME's Name (print/type) ___ Address_____ MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE ___/__/ AME's Signature

SECTION 7: RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed not earlier than six weeks prior to the first Practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in all subsequent sport seasons in the same school year. The Principal, or the Principal's designee, of the herein named student's school must review the SUPPLEMENTAL HEALTH HISTORY.

If any SUPPLEMENTAL HEALTH HISTORY questions are either checked yes or circled, the herein named student shall submit a completed Section 8, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

	SUPPLEMENTAL	HEALTH HISTORY			
Student's Name				Male/Female (c	ircle one
Date of Student's Birth:/	Age of Studen	t on Last Birthday:	Grade for Curre	ent School Year:	
Winter Sport(s):		Spring Sport(s):		<u> </u>	
CHANGES TO PERSONAL INFORMATION (In the original Section 1: PERSONAL AND EMERGEN	the spaces below				
Current Home Address				.	
Current Home Telephone # ()	Pare	ent/Guardian Current Ce	ilular Phone # ()	
CHANGES TO EMERGENCY INFORMATION (I in the original Section 1: Personal and Emergence	in the spaces belo SENCY INFORMATION	ow, identify any change):	es to the Emerger	ncy Information	set fort
Parent's/Guardian's Name	<u></u>		Relationsh	hip	
Parent/Guardian E-mail Address:					
Address					
Secondary Emergency Contact Person's Name			Relations	ship	
Address		Emergency Contact Te	lephone # ()	<u> </u>	
Medical Insurance Carrier	<u> </u>	F	Policy Number		
Address					
Family Physician's Name				, MD or DO (c	ircle one
Address			ephone # ()_		
Since completion of the CIPPE, have you sustained a serious illness and/or serious injury that required medical treatment from a licensed physician of medicine or osteopathic medicine?	Physician of Medici	3. Since comple experienced diz unconsciousnes 4. Since comple experienced any shortness of bre pain?	ine, to the Principal etion of the CIPPE, he zy spells, blackouts,	Yes ave you and/or ave you ained or chest	submit signee, o
An additional note to item #1. if serious illness or serio marked "Yes", please provide additional information		taking any NÈW	prescription medicir		П
 Since completion of the CIPPE, have you had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury? 		pills? 6. Do you have like to discuss v	any concerns that you	_	
#'s Explain yes answers; include inju	ry, type of treatmen	t & the name of the medi	cal professional sec	en by student	
I hereby certify that to the best of my knowledge	e all of the informa	tion herein is true and c	omplete.		
Student's Signature			Dat	te/	_
I hereby certify that to the best of my knowledge Parent's/Guardian's Signature	e all of the informa	tion herein is true and c	ompleteDa	ate//	

Section 8: Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine

This Form must be completed for any student who, subsequent to completion of Sections 1 through 5 of this CIPPE Form, required medical treatment from a licensed physician of medicine or osteopathic medicine. This Section 8 may be completed at any time following completion of such medical treatment. Upon completion, the Form must be turned in to the Principal, or the Principal's designee, of the student's school, who, pursuant to ARTICLE X, LOCAL MANAGEMENT AND CONTROL, Section 2, Powers and Duties of Principal, subsection C, of the PIAA Constitution, shall "exclude any contestant who has suffered serious illness or injury until that contestant is pronounced physicially fit by the school's licensed physician of medicine or osteopathic medicine, or if none is employed, by another licensed physician of medicine or osteopathic medicine."

NOTE: The physician completing this Form must first review Sections 5 and 6 of the herein named student's previously completed CIPPE Form. Section 7 must also be reviewed if both (1) this Form is being used by the herein named student to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in a subsequent sport season in the same school year AND (2) the herein named student either checked yes or circled any Supplemental Health History questions in Section 7.

If the physician completing this Form is clearing the herein named student subsequent to that student sustaining a concussion or traumatic brain injury, that physician must be sufficiently familiar with current concussion management such that the physician can certify that all aspects of evaluation, treatment, and risk of that injury have been thoroughly covered by that physician.

Student's Name:	_ Age	Grade
Enrolled in		School
Condition(s) Treated Since Completion of the Herein Named Student's CIPPE Form:		
A. GENERAL CLEARANCE: Absent any illness and/or injury, which requires medical date set forth below, I hereby authorize the above-identified student to participate for the year in additional interscholastic athletics with no restrictions, except those, if any, set for CIPPE Form.	remainder of	f the current school
Physician's Name (print/type)	License	#
Address	Phone ()
Physician's SignatureMD or DO ((circle one)	Date
B. LIMITED CLEARANCE: Absent any illness and/or injury, which requires medical tre set forth below, I hereby authorize the above-identified student to participate for the remain additional interscholastic athletics with, in addition to the restrictions, if any, set forth CIPPE Form, the following limitations/restrictions:	inder of the	current school year
1.		
2	.	
3		,
Physician's Name (print/type)	License	#
)
		Date

Section 9: CIPPE MINIMUM WRESTLING WEIGHT

INSTRUCTIONS

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (1) certified to by an Authorized Medical Examiner (AME) and (2) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (See NOTE 1). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an A	ME.		
Student's Name	A	ge	Grade
Enrolled in			School
NITIAL ASSESSMENT hereby certify that I have conducted an Initial Assess and have determined as follows:	sment of the herein named studen	t consistent with	n the NWCA OPC
Jrine Specific Gravity/Body Weight/	Percentage of Body Fat	MWW	
Assessor's Name (print/type)	Asse	essor's I.D.#	
Assessor's Signature		Date	
CERTIFICATION Consistent with the instructions set forth above and the scertified to wrestle at the MWW of			ein named studen
AME's Name (print/type)		License #	
Address	Phone	()	
AME's Signature	MD, DO, PAC, CRNP, or SNP I (circle one)	Date of Certifica	tion//

NOTES:

For an appeal of the Initial Assessment, see NOTE 2.

- 1. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.
- 2. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment.

UPMC | SPORTS | MEDICINE

	Sport 1:		Sport 3:
Print Afblete's Name	Print Athlete's Sport(s)	-	

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.

T	TOX	KO	SPORTS
L	JYN		sports Medicine

Page 2 of 2 UPMC Forms

Print Athlete's Name	Sport 1: Print Athlete's Spo	Sport 2: ort(s)	Sport 3:
(2) UPMC Consent for	Treatment and	<u>Healthcare O</u>	<u>perations</u>
I consent to the provision of care exams, evaluation, treatment, and given to me as to the outcome of treatment are kept confidential.	I rehabilitation of athlet	ic injuries. I ackno	wiedge that no guarantees have been
limited to team physician, school	nurse, and licensed phy	rsical therapists. U	e. This may include, but may not be nder the ditection of a certified 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.
Medicine is not intended to preve	ent, diagnose, or treat a c e suffers a concussion,	concussion and is- the administration	e testing provided by UPMC Sports not to be administered following a of an ImPACT post-test is generally
(3) UPMC Privacy Prac	etices		
sent in the mail upon my request	or viewed at http://www.pMC and its designees	v.upmc.com/patien	at are available at the school, can be ats-visitors/privacy- my information as described in the
By signing below, I am acknowle Information, (2) Consent for Trea	dging the above (1) Au iment and Healthcare C	thorization for Rel Operations, and (3)	case of Protected Health Notice of Privacy Practices.
Athlete signature		Date	ann agus tha Ballachan ann ann ann ann ann ann ann ann ann
Parent or guardian signature/relat	ionship	Date	
Parent or guardian signature/relati	ionship	Date	ALTERNATIVE CONTRACTOR
For Office Use Only: Sign here if patient failed to ackno Reason given by patient for failur	owledge receipt of Noti e to acknowledge recei	ce of Privacy Prac pt of the Notice of	tices: Privacy Practices:

CODE OF CONDUCT FOR ATHLETES

STUDENT PLEDGE

The Pledge which follows summarizes the major features of the Code and is designed to permit the athlete to indicate his willingness to abide by the standards of the Code.

STANDARD 1 - <u>SATISFACTORY SCHOOL CITIZENSHIP</u>

Adheres to all rules of conduct of the school, shows proper respect for students and family, works for the betterment of the school, and sets aside personal interests and gain, in favor of those of the school.

STANDARD 2 - ADHERENCE TO PRESCRIBED TRAINING RULES

Adheres to specific training rules set forth by the coach, refrains from smoking and drinking and appreciates the importance of rest, diet and exercise. Practices healthful habits of cleanliness and personal hygiene.

STANDARD 3 - CONDUCT BECOMING AN ATHLETE

SIGNED

(Parent/Guardian Signature)

Refrain both from moral conduct not considered acceptable by the community and from violating state statues and city ordinances. Does not use profanity and refrains from any action or conduct that reflects unfavorably upon athletes and the school.

STANDARD 4 - ADHERENCE TO STANDARDS OF GOOD SPORTMANSHIP

Shows respect in defeat and modesty in victory is courteous to officials, teammates, opponents and coaches. Employs legal tactics as they apply to the rules of the game.

Coaches and school behavior on the part	l administrators will act in cases of the athlete that are contrary	that come to their attention which involve to the standards as herewith stated.
I have read and und and I will exert ever	erstand this pledge as It applies / effort to refrain from any condu	to the CODE OF CONDUCT FOR ATHLETES
DATE	signed	
(I)(WE) support the in this PLEDGE.	deals of the CODE OF CONDU	ICT and the standards of behavior as set forth

(Parent/Guardian Signature)

FORT CHERRY SCHOOL DISTRICT

ATHLETIC PROGRAM

The primary purpose of the athletic program in the Fort Cherry School District is to promote the physical, mental, social, emotional, and moral well being of the participants. It is hoped that athletics in our schools will be a positive force in preparing youth for an enriching and vital role in American life.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. He/she also accepts the training rules, regulations, and responsibilities, which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations, as the role demands that the individual make sacrifices not required of others.

In addition to the "Rules and Regulation for Students in the Fort Cherry Public Schools", athletic program participants are also governed by the high school athletic code.

HIGH SCHOOL ATHLETIC CODE

- I. General regulation
 - A. WPIAL and PIAA rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Each coach has the responsibility to know, to inform team members and parents, and to enforce school and WPIAL and PIAA regulations in these matters.
 - B. Any civil law infraction or conduct by a student athlete that is determined by the head coach and school administration to be detrimental to the athletic program, school, or school district will result in counseling by the head coach and a school administrator with possible suspension.
 - C. Athletes must travel to and from contests, away from Fort Cherry, in transportation provided by the school. The only exceptions are:
 - 1. Injury to a participant which would require alternate transportation.
 - Prior arrangement between the participant's parent/guardian and the coach for the student to ride with the parent/guardian.
 - D. A display of unsportsmanlike conduct toward an opponent or official or use of profanity during a practice or contest will result in counseling by the head coach and possible suspension.
 - E. Completion of the sports season is required in order for the student to be eligible for a letter or other team or individual awards. (Exception: injury, which limits participation.) No awards shall be given to any student suspended for the remainder of the season for athletic code violations.
 - F. For the purpose of this document, cheerleaders shall be considered athletes.
- II. School attendance requirements
 - A. A student must be in school the day of the game in order to participate. An exception would be made for legitimate reasons as determined by the athletic

CODE OF CONDUCT FOR ATHLETES

As a member of the Fort Cherry School District Athletic Team, you are expected to understand that THE REAL ATHLETE:

- Understands that drinking and smoking are harmful to the body and hinder maximum effort and performance.
- Does not use profanity.
- Realize that officials do not lose a game, but are there for the purpose of insuring that both teams receive a fair deal- for this they deserve courteous respect.
- Plans his/her time so that he/she devotes sufficient energy to his/her studies to insure grades, which represent his/her true abilities.
- Has a good attendance record and should never be truant from classes or school.
- Works for the betterment of the school and what is right and good for his/her fellow students.
- Obeys the specific training and practice rules of the coach.
- 8. Directly represents the community, school and coaches, and should conduct himself/herself properly when traveling.
- Cares for all equipment as though it were his/her own person property.
- Does not employ illegal tactics to gain an undeserved advantage.
- 11. Are neat and well-groomed at all times?
- Does not let employment interfere with practice or games.
- 13. Appreciate that coaches and administrators have the best interests of the participants in mind as they plan and conduct the athletic program.
- Appreciates the importance of proper rest, diet and exercise.
- Practices healthful habits of cleanliness and personal hygiene in all his/her daily activities.
- Is a model of good behavior in and outside of school.
- Complies with the standards of this code or be subject to dismissal from the squad or other disciplinary action as may be determined by the coach.

director an/or principal, i.e. Doctor, funeral, college visit, etc. A doctor's excuse is required in the event of an appointment. Otherwise, all athletes must be in school a minimum of four (4) full class periods. Any athlete who is in school must participate in physical education in order to be eligible for practice or games that day.

- B. If a student is absent the last school day of the week, and the competition is on a non-school day, the student must bring to the coach a signed statement from the parent that permission is given to participate. It is recommended that the coach call the parent regarding the absence.
- C. A student who has been injured and has had medical treatment cannot participate again until the date indicated by the student's doctor.
- III. Use or possession of alcoholic beverages, tobacco, drugs, narcotics, or hallucinating agents by athletic program participants is prohibited. Violators shall be processed in accordance with district policy.
- IV. The rules and regulations in this code shall apply to any violations, on and off school premises during the season of participation.
- V. Additional rules and regulations from the head coach, must be cleared by the principal and athletic director. Any additional rules and regulations must be written and on file in the athletic office.

	,
ATHLETE'S SIGNATURE	DATE
I/We have read the Fort Cherry School Di attendance requirements, and other rules	istrict Athletic Code on general regulations, school and regulations for athletic participation.
FATHER/GUARDIAN SIGNATURE	MOTHERIGI IARDIAN SIGNATURE

ATHLETIC ELIGIBILITY RULES

Any student wishing to participate in co-curricular activities must maintain at least a 2.0/70% average in the report period preceding the activity. The average will be determined by counting all **full credit** courses that the student is enrolled in.

Co-curricular activities will be defined as any activity not directly related to written curriculum. The principal will have the final say in this matter if questions arise.

A tutor will be provided by the district, for those students who may need assistance in maintaining the required grade point average.

The Pupil Academic Support System (PASS) is available to students who wish to maintain their eligibility in co-curricular activities. Students must achieve a 2.0/70% average by the middle of the nine-week grading period or they will become ineligible for that activity. Students may consult the main office for information about the PASS program.

Students who have a cumulative 3.0/80% average but due to unusual circumstances drop below a 2.0/70% average in the nine weeks preceding an activity they wish to be involved with, may have their case reviewed by the principal who will make decisions regarding eligibility on a case by case basis.

ATHLETE'S SIGNATURE	DATE
FATHER/GUARDIAN SIGNATURE	DATE
MOTHER/GUARDIAN SIGNATURE	DATE

Special education students will be handled on a case by case basis.

ACKNOWLEDGMENT OF RISK AND CONSENT TO PARTICIPATE

I/WE HEREBY ACKNOWLEDGE	E AN AWARENESS THAT PARTICIPATION IN	
(SPORT)	INVOLVES A RISK OF INJU	JRY, WHICH
MAY INCLUDE SEVERE INJUR	IES POSSIBLY INVOLVING PARALYSIS, PER	MANENT
	TH, AND THAT THESE INJURIES MAY OCCU	
	OF UNAVOIDABLE ACCIDENTS. WE ACCEPT	
IN GIVING CONSENT TO	(STUDENT'S NAME)	FOR
PARTICIPATION IN	(SPORT) DURING THE 202	0-2021 SEASON
BY THE UNDER SIGNED ATHL	ETE.	
(PLEASE PRINT)	(ATHLETE'S FULL NAME) MONTH DAY YOUNG THE STATE OF BIRTH	YEAR
	(ATHLETE'S SIGNATURE)	(DATE)
	(FATHER/GUARDIAN SIGNATURE)	(DATE)
	(MOTHER/GUARDIAN SIGNATURE)	(DATE)

ATHLETIC TRAINER TREATMENT, FIRST AID/EMERGENCY AUTHORIZATION FORM

Student Name	
Parant/e\/Cuardian Name	
Address	Pol .
City/State/Zip Code	(Home) Phone
Nearest Neighbor or Relative to Contact	(Cell Phone)
Neighbor/Relative Telephone Number	
Primary Care Doctor	
	Phone
I,(Parent or Guardian's Name) to evaluate and treat my son or daughter in case of injury, il	hereby give my permission to the athletic trainer liness or in case of an emergency.
I,(Parent or Guardian's Name) perform or administer emergency care and treatment to my s	give my consent to the hospital or physician to
	(Athlete's Name)
PROOF OF INSURANCE DO have Insurance Coverage 1	DO NOT have Insurance Coverage
If you checked the block above (I do have insurance coverage) The parent, by signing this form, assumes the full resp	pe), parents must sign this form in the proper place below. ponsibility of paying for any athletic injury of when insurance or hospital plan (Higmark, UPMC) of the property
(Signature of Parent/Guardian)	* THE L
(Name of Insurance Company)	(Policy Number)
If you have HMO Primary Care:	
(Physician's Name)	(Phone Number)
(Policy Number)	

September 20, 2023

Fort Cherry School District Student Parent Acknowledgement of the PIAA NIL Policy

Pennsylvania Interscholastic Athletic Association (PIAA) release;

The PIAA approved a rule allowing student- athletes to sign name, image, and likeness (NIL) agreements. The rule goes into effect immediately.

The PIAA's NIL rules are more stringent than those than those at the collegiate level. For example;

- NIL agreements must not be used "as an incentive for enrollment decisions or membership on a team"
- No school, coach, booster clubs, collectives, administrators, or alumni may arrange or pay for a student's NIL deal.
- A student is not permitted to use PIAA School, team name, nicknames, or logos in their NIL agreements.
- Students cannot promote anything endorsing adult entertainment products, alcohol products, casinos or gambling operations, tobacco or electronic smoking products, prescription pharmaceuticals, or weapons, firearms, and ammunition.

Any Fort Cherry School District student athlete who agrees to a NIL deal must inform their school principal and the district's director of athletics of the agreement within 72 hours. The "Fort Cherry NIL Disclosure Form" must be signed by the student athlete and parent/guardian and submitted to the district within 72 hours of entering into a contract or agreement.

More information about PA high school NIL agreements can be found on the PIAA website at www.piaa.org under "Resources," "News," and "PIAA Board of Directors' Meeting Summary" for December 12th.

By signing this form, you acknowledge you will comp	ly by the PIAA Board of Directors NIL rules.
Student Signature:	Date:
Parent Signature	Date:

Fort Cherry Athletics NIL Disclosure Form

Please or agre	provide the following information for each NIL activity within 72 hours of entering into a contract ement.
Studen	t Athlete Name:
Date:	
Acknov	vledgement:
I affirm	:
I under	provided 72 hours' notice in compliance with Fort Cherry School District policy and PIAA NIL rule. stand that the Fort Cherry School District policy and PIAA NIL rule prohibit any NIL activity which to or is associated with the development, production distribution, marketing, retailing of any of owing:
3. 4. 5. 6.	Adult entertainment products and services; Alcohol products; Casinos and gambling, including sports betting, the lottery and betting in connection with video games, on-line games and devices; Tobacco and electronic smoking products and devices (vaping) Opioids and prescription pharmaceuticals; Controlled dangerous substances Weapons, firearms and ammunition
	er understand that my NIL Activity does not include any inducement, promise and has no impact playing time by the Fort Cherry School District coaching staff.
	stand that if I violate the NIL Activity rules that I may be sanctioned and found ineligible to pate in Fort Cherry School District athletics.
Date _	Student – Athlete
Date _	Parent/Guardian

Return to the Fort Cherry Athletic Department