



2020-2021

SPORTS PIAA PHYSICAL PACKET

***** COMPLETE THIS PACKET IN ITS ENTIRETY IN BLUE AND BLACK PEN ONLY *****

- **FREE** Sports Physicals will be offered by the Lebanon School District on November 5, 2020
 - Due to COVID-19 there will be changes to how physicals are conducted
 - Appointments/sign-ups for a time slot
 - **YOU MUST BE SIGNED INTO YOUR LEBCEDARS ACCOUNT IN ORDER TO SCHEDULE AN APPOINTMENT. YOU ARE LIMITED TO 1 APPOINTMENT TIME PER STUDENT**
 - Please go to the following website or scan the following QR Code to Sign up
 - <https://forms.gle/nCsVWDYajeoJCrpb8>
 - Limited availability of appointments
 - We will be following CDC social distancing guidelines
 - Student Athletes **MUST** have sections 1-5 COMPLETED in their entirety with ALL appropriate signatures and turn this completed Physical Packet into the Athletic Office **PRIOR TO 3 PM ON Wednesday, NOVEMBER 4, 2020**
 - **Incomplete Physical Packets will not be accepted, and you will not be permitted to get a free sports physical.**
- **Student-athletes who will be getting a Sports Physical done by their Primary Care Physician or other outside Physician:**
 - Authorized Date of Physical must be dated after **June 1 2020.**
 - This entire Physical Packet must be turned in, at the latest, to the **Athletic Office at the High School** by 3 PM prior to the start date of the sport season (See dates Below).
 - **Winter Season: November 18, 2020**
 - **Spring Season: March 5, 2021**
 - **STUDENTS IN GRADES 9-12 MUST TURN THEIR COMPLETED PHYSICAL PACKETS, Sections 1-6, TO THE HIGH SCHOOL ATHLETIC OFFICE**
 - **STUDENTS IN GRADES 7 AND 8 MUST TURN THEIR COMPLETED, SECTIONS 1-6, PHYSICAL PACKETS IN TO MR MONK AT THE MIDDLE SCHOOL**



PRIOR TO DROPPING OFF YOUR PHYSICAL PACKET, YOU MUST COMPLETE AN ONLINE FORM. YOU MUST ENTER ALL THE INFORMATION AS IT APPEARS IN SECTION 1 INTO THE FORM. PLEASE GO TO THE FOLLOWING WEBSITE OR SCAN THE QR CODE TO FILL OUT THE FORM

<https://forms.gle/MAFPUMhio2FEczzd7>



Athletes with known cardiac conditions: If you are getting a physical done at the high school on one of the above-mentioned dates; please provide the doctors a note from your most recent cardiac evaluation at the time of your physical. This will help the physicians. If you are NOT getting a physical done at the High School but have a known cardiac condition, or have been evaluated for a heart murmur, etc. you must provide the athletic department with an up to date clearance note from your cardiologist.

Athletes who use an inhaler: In accordance with the Pennsylvania Board of Medicine and Osteopathic Medicine, your child must have a physician's note giving permission to self-administer his/her inhaler or medication during extra-curricular activities. The note must include athlete's name, medication type, and dosage/frequency amounts with the authorization to self-administer. A copy of this authorization will be kept on file in the Athletic Training Room, and the original will be placed with the inhaler/medication and kept in the team's medical kit.

PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION

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

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

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

**ALL FIELDS MUST BE COMPLETED, INDICATE N/A IF FIELD DOES NOT APPLY
Must be completed in BLUE or BLACK Pen ONLY, NO PENCIL**

Athlete's Last Name(s): _____ First Name: _____ Sex: Male or Female

Student ID(Lunch#) _____ Grade for **2020-2021** School Year (circle one) **7 8 9 10 11 12**

Date of Birth: ___/___/___ Age: _____ House Phone# (N/A if no house phone) (717) _____

Current Home Address _____

YOU MUST INDICATE A SPORT, DO NOT PUT A CHECK MARK OR LEAVE BLANK

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

IN CASE OF AN EMERGENCY PLEASE INDICATE WHO SHOULD BE CONTACTED 1ST, 2ND, AND 3RD. 1ST CONTACT NEEDS TO BE A PARENT OR GUARDIAN. PLEASE PROVIDE AT LEAST 2 DIFFERENT CONTACTS AND 2 DIFFERENT CONTACT PHONE NUMBERS

1st Contact: _____
First Name Last Name(s) Phone Relationship

2nd Contact: _____
First Name Last Name(s) Phone Relationship

3rd Contact: _____
First Name Last Name(s) Phone Relationship

ALL INFORMATION BELOW MUST BE COMPLETED OR INDICATE (NONE)

Family Physician's Name/Group: _____, MD or DO (circle one) Telephone # () _____

Dentist Name/Group: _____ Telephone # () _____

Preferred Hospital: _____

Student's Allergies _____

Student's Health Condition(s) of which an Emergency Physician Should be Aware (Asthma, ADHD, ect) _____

Student's Prescription Medications and conditions of which they are being prescribed: _____

Is the above-mentioned student athlete currently covered by medical insurance? YES or NO.

I hereby certify that to the best of my knowledge all of the information in Section 1 is true and complete.

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

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 Lebanon _____ School and a resident of the Lebanon School District (LSD) to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 2020-2021 school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

SIGNATURE(S) REQUIRED, NOT A CHECK MARK

Fall Sports	Signature of Parent or Guardian
Cross Country	
Field Hockey	
Football	
Golf	
Soccer	
Girls' Tennis	
Girls' Volleyball	
Cheerleading	
Other	

Winter Sports	Signature of Parent or Guardian
Basketball	
Bowling	
Competitive Spirit Squad	
Cheerleading	
Rifle	Not Offered at LSD
Swimming and Diving	
Track & Field (Indoor)	
Wrestling	
Other	

Spring Sports	Signature of Parent or Guardian
Baseball	
Boys' Lacrosse	Not Offered at LSD
Girls' Lacrosse	Not Offered at LSD
Softball	
Boys' Tennis	
Track & Field (Outdoor)	
Boys' Volleyball	
Other	

- A. **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.
- B. **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.
- C. **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.
- D. **Permission to administer medical care:** I consent for a licensed 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 or Scrimmages and Contests. Additionally, I authorize a licensed medical provider to evaluate, treat, and rehabilitate injuries under the supervision of the Districts Team Physician or the student's physician's direction. Further, this authorization permits if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care. I further give permission to the school's athletic administration, coaches, and medical staff to consult with the Authorized Medical Professional who executes Section 6 regarding a medical condition or injury to the herein named student.
- E. **Confidentiality Statement:** 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).
- F. **Understanding the Re-Certification Process:** Any time your son or daughter is seen by a physician, a Re-Certification form will need to be filled out and signed by the treating physician. This is Section 7 and Section 8 of the CIPPE form, which is available in the Athletic Office, the Athletic Trainer's Office, or on the Lebanon School District website.
- G. **Understanding Sports Insurance Policy:** The Lebanon School District provides an all sports insurance policy to cover all senior high and middle school athletes, including cheerleaders & band members. This is considered secondary insurance for those students who are covered under another insurance plan. In the event of a sports related injury, the injury **MUST** be reported **IMMEDIATELY** to the appropriate school official; this will be the Athletic Trainer, Coach or Athletic Director. Insurance paperwork must be returned within 30 days of date of injury.
- H. **Understanding inherent Risk:** I understand and assume that with athletic competition there is risk of injury and acquiring a communicable disease such as, but not limited to, viral, bacterial and fungal infections due to close contact with infected athletes. LSD will take all precautions to limit athlete's risk of injury and exposure to infected participants.

I certify that I have read the above statements (A-H), understand its content, and agree to its terms.

I. **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 disturbance in brain function that occurs following either a blow to the head or as a result of a violent shaking of the head. A concussion...

- 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 notify their Athletic Trainer, Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately notify their athletic trainer and/or coach.
- **The student should be evaluated** by his/her athletic trainer and a licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management. Lebanon School District (LSD) Athletic Team Physicians and Certified Athletic Trainers will evaluate all head injuries for the evidence of a concussion. The LSD and the LSD Physicians are responsible for the health and safety of all student athletes. In occasional instances this may require superseding your physician's recommendations. The LSD Sports Medicine staff will follow a step-wise return to play procedure for all concussions beginning with removal from play, appropriate treatment until symptom free, and eventual stepwise progression back to play. The procedures are recognized by the PIAA's Sports Medicine Advisory Committee as well as by National and International conferences on concussion management as appropriate standards of care.
- **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
 - Used every time the student Practices and/or competes
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

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

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

Student's Signature _____ Date ____/____/____

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

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

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

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 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 athlete 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, related;
 - Racing, skipped beats or fluttering heartbeat (palpitations)
- Fatigue (extreme or recent onset of tiredness)
Weakness; and/or
Chest pains/pressure or tightness during or after exercise. not asthma

These symptoms can be unclear and confusing in athletes. Some may ignore the signs or think they are normal from 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 risks associated with continuing to practice or play after experiencing these symptoms. The symptoms might mean something is wrong with the athlete and they 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 keep student-athletes safe while practicing or playing. Please review the warning signs/symptoms and know that you can request, at your expense, an electrocardiogram (EKG or ECG) 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 (ICD 10 code: Z13.6) or for a variety of symptoms such as chest pain, palpitations, dizziness, fainting, or family history of heart disease and will generally be paid for by insurance.

- 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 will need to 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 after more testing (false positive findings occur less than 3% of the time 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 the current history and physical exam (10%).

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. The symptoms can happen before, during, or after activity. Play includes all athletic activity.

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

I have reviewed 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

Date ____/____/____

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date ____/____/____

SECTION 5: HEALTH HISTORY

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

	Yes	No		Yes	No																
1. Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	23. Has a doctor every told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>																
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>																
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>																
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>																
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are your missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>																
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>																
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>																
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>																
9. Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR TRAUMATIC BRAIN INJURY																		
<input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur			31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury?	<input type="checkbox"/>	<input type="checkbox"/>																
<input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection			32. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>																
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	33. Do you experience dizziness and/or headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>																
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>																
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>																
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>																
14. Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	37. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>																
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>																
16. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	39. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>																
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>																
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	41. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>																
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	42. Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>																
<table border="0" style="width: 100%; font-size: small;"> <tr> <td style="text-align: center;">Head</td> <td style="text-align: center;">Neck</td> <td style="text-align: center;">Shoulder</td> <td style="text-align: center;">Upper arm</td> <td style="text-align: center;">Elbow</td> <td style="text-align: center;">Forearm</td> <td style="text-align: center;">Hand/ Fingers</td> <td style="text-align: center;">Chest</td> </tr> <tr> <td style="text-align: center;">Upper back</td> <td style="text-align: center;">Lower back</td> <td style="text-align: center;">Hip</td> <td style="text-align: center;">Thigh</td> <td style="text-align: center;">Knee</td> <td style="text-align: center;">Calf/shin</td> <td style="text-align: center;">Ankle</td> <td style="text-align: center;">Foot/ Toes</td> </tr> </table>	Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest	Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/ Toes			43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Hand/ Fingers	Chest														
Upper back	Lower back	Hip	Thigh	Knee	Calf/shin	Ankle	Foot/ Toes														
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>																
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>																
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>																
			FEMALES ONLY																		
			47. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>																
			48. How old were you when you had your first menstrual period?	_____	_____																
			49. How many periods have you had in the last 12 months?	_____	_____																
			50. Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>																

#’s	Explain "Yes" answers here:

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

Student's Signature _____ Date ____ / ____ / ____

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

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

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

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

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Brachial Artery BP _____/_____/_____ (_____/_____, ____/____) RP _____

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

Age 10-12: BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96.

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

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> 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/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 SP (circle one) Certification Date of CIPPE ____/____/____

Must be dated after 6/1/2020

Lebanon School District Athletic Department

Permission to Participate in Athletics during the COVID-19 Pandemic

The COVID-19 pandemic has presented school districts across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and 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 furthering the spread of COVID-19, Lebanon School District (LSD) will take necessary precautions and comply with guidelines, as feasible, from federal, state, and local governments, Centers for Disease Control and Prevention (CDC), Pennsylvania Department of Health, as well as the National Federation of State High School Associations and Pennsylvania Interscholastic Athletic Association, to reduce the risk of exposure to students, coaches, and their families.

All decision-makers should be mindful that as long as there are cases of COVID-19 in the community, there are no strategies that can eliminate transmission risk within a school population. The goal is to keep transmission as low as possible to continue school activities safely. As knowledge regarding COVID-19 is constantly changing, LSD reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our staff, students, and spectators. Please be aware that LSD is subject to outside influences beyond our control that require our intervention.

These Recommendations include but may not be limited to:

1. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing, No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging)
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches MUST provide their own water bottle for hydration. Water bottles must not be shared. **Touch free spigots are installed on water coolers**
10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant, or determined by local/state governments. Face Coverings will not be used for athletes while practicing or competing.

I, _____ (**Students Name**), understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to bacterial, fungal or viral infections like COVID-19. I willingly agree to comply with the stated recommendations put forth by LSD to limit the exposure and spread of COVID-19 and other communicable diseases. We understand that as parents/guardians we must monitor the health of Student daily and communicate health concerns with School District officials. We understand our responsibility to practice and reinforce good prevention habits at home to reduce the spread of COVID-19. We will keep Student home when he or she is sick or shows signs of symptoms related to COVID-19. We certify that the above-mentioned student is in good physical condition or believe the student to be in good physical condition and allow participation in this sport or curricular activity at our own risk. We further certify that that we will immediately isolate a student if there is any change in the student's physical condition that would impact participation in this sport or curricular activity

Print Student's Name

Student's Signature

Date

Signature of Parent/Guardian

Date

*Parents/Guardians may request a full copy of the LSD Athletic Health and Safety Plan.

Contact Keith Varney M. ED., LAT, ATC, Head Athletic Trainer, kvarney@lebanon.k12.pa.us

or Sam Elias CMAA, Athletic Director, selias@lebanon.k12.pa.us