

FOREST HILLS ATHLETIC DEPARTMENT

FALL SPORTS - 2019

INSTRUCTIONS FOR COMPLETION OF

PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION (CIPPE)

-ALL REQUESTED INFORMATION IS REQUIRED-

Section 1 – Complete Personal and Emergency Information.

Section 2 – Needs parental signatures in each space provided. **Please sign beside each sport in which your child may participate during the entire school year** (as well as B, C, D, E, and F).

Section 3 – Understanding of Risk of Concussion and Traumatic Brain Injury. Be certain both student and parent signatures are completed at the bottom of the page.

Section 4 – Understanding of Sudden Cardiac Arrest Symptoms and Warning Signs. Be certain both student and parent signatures are completed at the bottom of the page.

Section 5 – Health History. Be certain both student and parent signatures are completed at the bottom of the page.

Section 6 – This section will be completed by the Authorized Medical Examiner.

***Please sign and return the ImPACT testing form if it applies to your son or daughter. ImPACT testing is mandatory for participation in the following FALL sports: Football, Soccer, Volleyball and Cheerleading. If your son/daughter was tested last year and will be in 8th, 10th, or 12th grade they will not need to be retested this year.**

- Dr. Wiczorek will conduct physicals on **Friday, June 14th** in the Field House. A general physical exam will be performed. No breast, rectal, or pelvic exams are done. Boys will have a testicular exam to rule out a hernia. **THE ENTIRE PACKET OF FORMS MUST BE COMPLETED AND SIGNED BEFORE THE DOCTOR EXAMINES YOU.**

The entire packet of forms must be returned to the Senior High or Junior High offices on or before **Friday, May 31st.**

If forms are not returned by the deadline, you must obtain a private physical from your doctor. **NO STUDENT WILL BE PERMITTED TO PARTICIPATE UNTIL ALL FORMS HAVE BEEN COMPLETED & REVIEWED.**

The first day of camp for FALL sports is **Monday, August 12th.**

Students who plan to be examined by their private doctor must be examined on or AFTER June 1, 2019.

All Private physicals must be submitted on or before Friday, July 12th. Completed physical forms are to be turned in to the Nurse's mailbox in the Senior High Office or Junior High Office.

A copy of the PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION (CIPPE) can be obtained by clicking on the Athletics tab on the Forest Hills School District website. www.FHRangers.org

FALL SPORTS PHYSICAL SCHEDULE

Physical examinations for Fall Varsity and Junior High sports will be administered in the Field House on the following date:

Friday, June 14th

(This will be the only day sports physicals will be administered)

Varsity Football (Grades 10-12)	8am
Varsity Football (Grade 9)	8:30am
Boys Cross Country, Boys Golf & Hockey	9am
Boys Soccer (Varsity & Junior High)	9:30am
Junior High & 7 th Grade Football	10am
Girls Cross Country, Girls Golf, & Girls Soccer	10:30am
Girls Tennis & Girls Volleyball	11am
Cheerleaders (Varsity & Junior High)	11:30am