

## 2018-2019 S.A.S.D. ATHLETIC GUIDELINES

Any student who plans on participating in a school sport in the 2018-2019 school year must have an athletic physical **on or after June 1, 2018**. This physical examination will be valid for the entire 2018-2019 school year. Before the Winter and Spring seasons, updated health information will be required via re-certification paper.

The optional school sponsored athletic physical examinations will be held on **June 15<sup>th</sup>**, at the high school. The cost for the physical is \$10. All paperwork and money will be collected the morning of the physical. **Any missing information or money will result in a student being denied a physical so please be sure to check your paperwork carefully.** If you chose not to participate, you must obtain a physical exam from your family physician.

Please follow the instructions below if school sponsored physical is chosen:

- Students must acquire the appropriate forms from the school.
- Parent/Guardian and student need to complete and sign all forms (Sections 1 through 5) along with the insurance waiver and contract. Insurance is required for every athlete. If your student does not have insurance, school accident insurance must be purchased prior to any practices.
- To obtain an athletic physical at the high school on June 15<sup>th</sup>, bring \$10 fee and completed paperwork. Please follow the schedule, if your Last Name starts with...

A - C = arrive at 8:30 a.m.

D - I = arrive at 9:00 a.m.

J - M = arrive at 9:30 a.m.

N - R = arrive at 10:00 a.m.

S - Z = arrive at 10:30 a.m.

**Physicals for Fall sports performed by private physician must be turned into the Athletic Office at the High School during the Summer NO LATER THAN AUGUST 1ST.** Late physicals could result in not being able to tryout or practice.

Be sure to serve all detentions and fulfill obligations before the Fall season begins.

Schedule Concussion Test – see schedule on the back.

### Important Dates

**June 4<sup>th</sup> - throughout the summer** – Shippensburg PT will be at the HS Weight Room for enhanced performance training for all athletes. These programs will focus on developing strength, speed and agility with proper movement patterns to help improve athletic performance and decrease the risk of a serious sport related injury.

M – W – F, 8:30-10:30, HS Football

M – W – F, 10:30-12:00, Girls

M – W, 11:30-1:00 Boys Basketball

M – W – F, 1:00-2:30, Boys Soccer, Baseball and Golf

M – W – F, 1:00-2:30, Open (in case you missed the other times)

M, 4:00-5:00, Girls Basketball

W, 2:30-3:30, Girls Basketball

M – W, 5:00-6:30, MS Football

TH, 3:15-4:45, MS Football

(OVER)

**August 6<sup>th</sup>**, 8:00 a.m. to 4:00 p.m. – **High School Football** practice begins

**August 6<sup>th</sup>**, 6:30 p.m. – **MS and HS FALL SPORTS** Parent's Meeting in the HS Auditorium

**August 13<sup>th</sup>** – High School sports (other than Football) practices begin. Times and locations will be discussed at the parent meeting

**August 15<sup>th</sup>** – MS Football practice begins

**August 16<sup>th</sup>** - First Day of School

**August 17<sup>th</sup>**, 5:00 to 8:00 p.m. – Community Night at the High School

**August 20<sup>th</sup>** – All other Middle School Fall Sports practices begin after school

Concussion testing is required once every two years, typically in Grades 7, 9 and 11. Scheduling of the test will be done at the time of physicals on June 15<sup>st</sup> or call 530-2730, ext. 1063 to schedule your test on one of the following dates and times:

June 19 – 9:00 a.m. or 1:00 p.m.

June 21 – 10:00 a.m. or 11:00 a.m.

July 12 – 8:00 a.m. or 9:00 a.m.

July 31 – 9:00 a.m. or 10:00 a.m.

August 2 – 9:00 a.m., 10:00 a.m., 2:00 p.m. or 3:00 p.m.

Failure to schedule your concussion test could affect being able to tryout or start the sport on time.

The Activity Fee is \$60 for HS athletes and \$40 for MS athletes. Reduced lunch recipients pay half fee and free lunch recipients pay no fee. Proof of status or release form should be provided to the athletic office. Fees are due once teams are chosen and before the first contest.

For questions, please call Jan Nye, 530-2730, ext. 1063.



**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 1<sup>st</sup> and shall be effective, regardless of when performed during a school year, until the latter of the next May 31<sup>st</sup> 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 one)

Date of Student's Birth: \_\_\_/\_\_\_/\_\_\_ Age of Student on Last Birthday: \_\_\_ Grade for Current School Year: \_\_\_

Current Physical Address \_\_\_\_\_

Current Home Phone # ( ) \_\_\_\_\_ Parent/Guardian Current Cellular Phone # ( ) \_\_\_\_\_

Fall Sport(s): \_\_\_\_\_ Winter Sport(s): \_\_\_\_\_ Spring Sport(s): \_\_\_\_\_

**EMERGENCY INFORMATION**

Parent's/Guardian's Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_

Secondary Emergency Contact Person's Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_

Medical Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

Family Physician's Name \_\_\_\_\_, MD or DO (circle one)

Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

Student's Allergies \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Student's Prescription Medications and conditions of which they are being prescribed \_\_\_\_\_

\_\_\_\_\_

**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 Shippensburg Area School District and resident of the Shippensburg Public School District, to participate in Practices, Inter-School Practices, Scrimmages, and /or Contests during the 2018-2019 school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

Fall Sports	Parent/Guardian Signature
HS/MS Cheerleading	
HS/MS Cross Country	
HS/MS Field Hockey	
HS/MS Football	
HS Golf	
HS B/G Soccer	
HS Volleyball	

Winter Sports	Parent/Guardian Signature
HS/MS B/G Basketball	
HS/MS Cheer	
HS Swim/Dive	
HS/MS Wrestling	

Spring Sports	Parent/Guardian Signature
HS Baseball	
MS B/G Soccer	
HS Softball	
HS Track & Field	
MS Volleyball	

B. **Understanding of eligibility rules:** I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at [www.piaa.org](http://www.piaa.org) include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

C. **Disclosure of records needed to determine eligibility:** To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

D. **Permission to use name, likeness, and athletic information:** I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in video broadcasts and re-broadcasts, webcasts and reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

E. **Permission to administer emergency medical care:** I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care. I further give permission to the school's athletic administration, coaches and medical staff to consult with the Authorized Medical Professional who executes Section 6 regarding a medical condition or injury to the herein named student.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

### SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

#### What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

#### What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

#### What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

**How can students prevent a concussion?** Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
  - The right equipment for the sport, position, or activity;
  - Worn correctly and the correct size and fit; and
  - Used every time the student Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

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

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

Student's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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

### What is sudden cardiac arrest?

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

### How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

### Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

### What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

### Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

#### *Information about SCA symptoms and warning signs.*

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may *also* hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses, and athletic trainers.

#### *Removal from play/return to play*

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during, or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

_____ Signature of Student-Athlete	_____ Print Student-Athlete's Name	Date ____/____/____
_____ Signature of Parent/Guardian	_____ Print Parent/Guardian's Name	Date ____/____/____

**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 ever 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 you 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):			<b>CONCUSSION OR TRAUMATIC BRAIN INJURY</b>		
<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"/>
Head    Neck    Shoulder    Upper arm    Elbow    Forearm    Hand/Fingers    Chest			43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
Upper back    Lower back    Hip    Thigh    Knee    Calf/shin    Ankle    Foot/Toes			44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	45. Do you limit or carefully control what you eat?	<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"/>	46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	<b>FEMALES ONLY</b>		
			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?	<input type="checkbox"/>	<input type="checkbox"/>
			49. How many periods have you had in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
			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 SNP (circle one) Certification Date of CIPPE \_\_\_\_/\_\_\_\_/\_\_\_\_



# SHIPPENSBURG AREA SCHOOL DISTRICT INSURANCE WAIVER

I certify that our son/daughter, \_\_\_\_\_,  
Grade \_\_\_\_\_, has Insurance with \_\_\_\_\_ Company  
covering all any, and all accidents, and that in the event of personal injury I  
shall rely solely upon this insurance. Further, for this reason, our said  
son/daughter is not purchasing insurance offered by the Shippensburg Area  
School District. I, therefore, release and forever discharge the said  
Shippensburg Area School District, its agents, servants, or employees for all  
liability arising from injuries, which occur to my son/daughter, during the  
2018/2019 sports season. I also waive the opportunity offered by the said  
School District to purchase student insurance.

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Signature of Parent/Guardian

---

Date

**SHIPPENSBURG AREA SCHOOL DISTRICT  
STUDENT ATHLETE AND PARENT CONTRACT  
2018-2019**

**STUDENT NAME** \_\_\_\_\_

**\*\*\* Initials Required - S = Student initials, P = Parent initials**

**Justification:** Participation in an extracurricular activity in the Shippensburg Area School District and the Mid Penn Conference is regarded as a privilege and should be treated accordingly. S \_\_\_\_\_ P \_\_\_\_\_

**PIAA Curriculum Requirements:** Student Athletes must meet the requirements for the PIAA and the Shippensburg Area School District, which includes maintaining a passing grade in five credits/courses the previous semester. Grades are monitored weekly during each season as well as at the end of each marking period. S \_\_\_\_\_ P \_\_\_\_\_

**Rules of Conduct: Rules will apply at all times during the term of the season. Violations may include, but are not restricted to:**

1. Use of Alcohol and/or Tobacco. S \_\_\_\_\_ P \_\_\_\_\_
2. Use of illegal or un-prescribed drugs or controlled substances. S \_\_\_\_\_ P \_\_\_\_\_
3. Insubordination or the use of profanity to any coach, faculty, staff, administrator, sports official, or any other individual. S \_\_\_\_\_ P \_\_\_\_\_
4. Flagrant misconduct and misbehavior in school such as missing practice due to being assigned detention. S \_\_\_\_\_ P \_\_\_\_\_
5. Misbehavior or misconduct in the community. S \_\_\_\_\_ P \_\_\_\_\_
6. Maintaining scholastic eligibility as determined by the School District and PIAA.  
S \_\_\_\_\_ P \_\_\_\_\_
7. Unsportsmanlike conduct. S \_\_\_\_\_ P \_\_\_\_\_
8. Unexcused absences. S \_\_\_\_\_ P \_\_\_\_\_
9. Miscellaneous problems that are detrimental to the morale, cohesion or character of the team. Violations of Rules on Conduct #1 or #2 will result in dismissal from the team. Violations of #3 through #9 will result in disciplinary action ranging from a conference to suspension to dismissal from the team. S \_\_\_\_\_ P \_\_\_\_\_

**Mediation: The following sequence should be followed in attempting to resolve any misunderstandings related to the administration of the program:**

1. Athlete-Coach conference. S \_\_\_\_\_ P \_\_\_\_\_
2. Parent(s) and Athlete-Coach conference. S \_\_\_\_\_ P \_\_\_\_\_
3. Parent(s) and Athlete-Coach-Athletic Director and/or Assistant Principal/Principal conference. S \_\_\_\_\_ P \_\_\_\_\_

**Athletic Fee:** All athletes must pay a fee before the first competition. The fee for Middle School athletes is \$40 for the entire year. The fee for High School athletes is \$60. If you receive reduced lunch the fee is cut in half. If you receive free lunch there is no fee.

S \_\_\_\_\_ P \_\_\_\_\_

**Attendance Requirements:** Student Athletes arriving to school after 9:00 a.m. without a doctor's note **will not** be permitted to participate in any activity including practice, contests or etc. on that day. Additionally, any student gone from school more than 1½ hours throughout the day without a doctor's note will not be permitted to practice or play in a competition. Any extenuating circumstances must be approved by an administrator. Students who are sent home by the school nurse shall be excused for that day and are not permitted to practice or play in a competition. Cyber School students are expected to log-on and complete assignments every school day.

S \_\_\_\_\_ P \_\_\_\_\_

**School Suspension and Expulsion:** Suspension is defined as follows (Student Exclusion for Practice/Participation in Extra Curricular Activities). S \_\_\_\_\_ P \_\_\_\_\_

**Out of School Suspension (OSS):** If a student has been assigned OSS, they may not participate from the time assigned until the day of the reentry to school. S \_\_\_\_\_ P \_\_\_\_\_

**In-School Suspension (ISS):** If a student has been assigned ISS, they may not participate in the next school days activities after ISS is assigned and lasting the number of days assigned.

S \_\_\_\_\_ P \_\_\_\_\_

**Grade Requirements:** Students must meet the requirements for PIAA and Shippensburg Area School District. This includes the following academic eligibility requirements: **High School** – Take and maintain a passing grade in five units per week each week during the season of participation and each marking period. Since the Modified Block can be divided into eight units each day (one unit for skinny classes, two units for full blocks), a High School student athlete must be passing at least five units per week to be academically eligible. High School student athletes that are failing a course(s) during a weekly grade check are required to attend the After School Homework Help Sessions for the failing courses until they are passing all of their courses. Student athletes must have passed five (5) credits the previous year. **Middle School** –Middle School student athletes must adhere to the District eligibility requirements. Student athletes cannot be failing one core/major (Language Arts, Math, Science, Social Studies) and one exploratory subject (Music, Art, STEAM, Health, Physical Education) each week during the season of participation. Student athletes must have passed five (5) courses the previous semester (five (5) per year if prior to the beginning of the school year or new semester). Upon notification of ineligibility, students will be issued an academic checklist from the Middle School Assistant Athletic Director. Student athletes are required to show completion of missed and incomplete assignments. Checklists must be initialed by the teachers and returned to the Middle School Assistant Athletic Director. Academic improvement is necessary prior to reinstatement. S \_\_\_\_\_ P \_\_\_\_\_

**Private Transportation:** If there is a necessity for private travel to or from a game, the parent/guardian must make such a request in writing on the approved SASD Private Transportation Form to the principal/assistant principal or athletic director at least two days prior to the trip, and receive written approval. These forms will be forwarded on to the coach prior to the trip.

S \_\_\_\_\_ P \_\_\_\_\_

**Uniforms:** Athletes are responsible for all uniforms and equipment that is issued to them. They must pay for any lost, damaged or stolen items. All student athletes shall wear the designated school uniform without modifications unless medically approved. Any item of apparel that calls attention to an individual or to separate from any other members of the team is prohibited under PIAA rules. All athletes will be required to attend a MANDATORY equipment return session as scheduled by the coach after the final season contest. If no session is scheduled, athletes must return uniforms to the Equipment Manager within seven (7) days of the conclusion of the season. Athletes who quit or are dismissed from the team prior to the end of the season must return their uniform(s) and equipment within 2 days. S \_\_\_\_\_ P \_\_\_\_\_

**Expectations of Parents/Guardians:**

1. Parents recognize that it is a privilege to attend and observe a contest and to demonstrate support for one's team and school athletics in general. P \_\_\_\_\_ P \_\_\_\_\_
2. Parents will support the efforts of coaches to teach and implement sportsmanship standards. P \_\_\_\_\_ P \_\_\_\_\_
3. We encourage parents to learn the rules of the game. Expand your understanding of their importance in controlling rough play and preventing any team from gaining an unfair advantage. P \_\_\_\_\_ P \_\_\_\_\_
4. Parents understand that verbal harassment of opponent players, coaches and officials is strictly prohibited. Parents respect the integrity and decisions of the officials. P \_\_\_\_\_ P \_\_\_\_\_
5. Parents join the School's administration and coaches in an effort to make sport citizenship a high priority. Parents should demonstrate positive sport citizenship in every aspect of attendance. P \_\_\_\_\_ P \_\_\_\_\_
6. Parents respect opponent performances despite the outcome. They recognize that mistakes are sometimes made. Parents also recognize improvement and hard work. P \_\_\_\_\_ P \_\_\_\_\_
7. Parents will respect that practices are especially important for the team, the players and the coaches. Parents are discouraged from attending practices. Practice time is critical to the success for each team. P \_\_\_\_\_ P \_\_\_\_\_
8. Parents will respect that after tryouts coaches will discuss behavior type problems concerning your student-athlete, but will not discuss the issues of playing time, play calling, etc. P \_\_\_\_\_ P \_\_\_\_\_

**Players Pledge and Team Rules:**

1. The purpose of our team is to have each member acquire the sense of team, family and friends. I will put the team first after faith, family and school. I will treat each team member and the coaching staff as family. I will be a friend by being dependable, reliable and responsible to and for my teammates. S \_\_\_\_\_ P \_\_\_\_\_
2. If there are any problems or questions, I will see my coach first and if they are not available, see the captains and if they are not available, I will talk with a senior. S \_\_\_\_\_ P \_\_\_\_\_
3. I will display responsible behavior both in and away from competition. I will be in school and I will be on time for classes and ready to practice at the designated time. If I have an

- unexcused or missed practice the day before a game, I will not play in the game the next day. S \_\_\_\_\_ P \_\_\_\_\_
4. If I am not in school the day following a game, I realize I may not play or may not start in the next game. S \_\_\_\_\_ P \_\_\_\_\_
  5. I will ride the bus to away games and back from away games. S \_\_\_\_\_ P \_\_\_\_\_
  6. While traveling on the bus to away contests, the volume of my conversation will be kept at a low level. S \_\_\_\_\_ P \_\_\_\_\_
  7. I will be respectful. I will treat people the same way that I would want to be treated both in competition and out of competition. S \_\_\_\_\_ P \_\_\_\_\_
  8. I will believe in, be honest with, and be loyal to the SASD Athletic Program.  
S \_\_\_\_\_ P \_\_\_\_\_
  9. I will display a great work ethic. S \_\_\_\_\_ P \_\_\_\_\_
  10. I will learn to play smart. S \_\_\_\_\_ P \_\_\_\_\_
  11. I will put my team before myself. I understand that playing time is not guaranteed, but earned. S \_\_\_\_\_ P \_\_\_\_\_
  12. I will maintain a positive attitude at all times by lifting up my teammates and coaches. I will speak positive about teammates and coaches and will not join in or listen when others are criticizing my teammates and coaches. I can expect the same from my teammates and coaches. I can expect the same from my teammates and coaches. S \_\_\_\_\_ P \_\_\_\_\_
  13. I will maintain positive communication with my teammates, coaches, officials, administrators, teachers, fans and opponents. S \_\_\_\_\_ P \_\_\_\_\_
  14. I will learn and accept my role as a member of my team and the SASD Athletic Program. I will support my teammates in good and bad times. Whatever happens, good or bad, win or lose, we will do it together. S \_\_\_\_\_ P \_\_\_\_\_
  15. I will influence our opponents by doing the best that I am capable of, by communicating with my team during games and by being aggressive. S \_\_\_\_\_ P \_\_\_\_\_
  16. I will strive to become a great competitor. S \_\_\_\_\_ P \_\_\_\_\_
  17. I will follow all team rules. S \_\_\_\_\_ P \_\_\_\_\_
  18. I will limit all electronic device, (especially cell phones) use to emergency calls only during athletic activities. S \_\_\_\_\_ P \_\_\_\_\_
  19. I will follow good dietary and safety practices throughout the season.  
S \_\_\_\_\_ P \_\_\_\_\_

**SHIPPENSBURG AREA SCHOOL DISTRICT  
STUDENT ATHLETE AND PARENT CONTRACT AGREEMENT**

Any violations of the expectations and team rules for the players as listed above or other team rules listed here or established during the season will result in discipline. S \_\_\_\_\_ P \_\_\_\_\_

As a Shippensburg Area School District student athlete you are expected to strive to excel both in the classroom and in your athletic endeavors. Your attitude in the classroom directly reflects your maturity in athletic competition. You will be expected to accept constructive feedback from your coaches while maintaining a positive attitude. In and out of competition behaviors that are detrimental to your coach, team and school will not be tolerated. You are expected to attend every practice, game or other team function as required. If you are unable to attend any of these events, you should personally contact your coach before the event occurs. You are expected to practice good nutritional habits.

Only a healthy and well-conditioned athlete can make a contribution to a team and the SASD Athletic Program. All injuries should be reported immediately to your coach and the athletic trainer. S \_\_\_\_\_ P \_\_\_\_\_

There are many benefits to this contract for the student athletes. There is power in numbers and the more student athletes that operate within the terms of this contract the more power and success the teams will have. Teammates will learn to look out for each other, to protect and comfort each other. Leadership will be provided and we will be successful both in and out of competition. Student athletes will acquire the tools to be successful in athletics and most important game of all, the game of life. S \_\_\_\_\_ P \_\_\_\_\_

This contract was developed by the athletic director/coaches and approved by the administration to govern the student athletes participating in SASD athletic teams. The coaches are working to develop team unity that is very important in every sport and feel that these rules play an important role in that development. Both the student athlete and parent/guardian must sign and date the contract and return it to the coach before the student athlete may participate in that sport.

**We have read, understand and will support this contract for the entire 2018-2019 school year.**

\_\_\_\_\_  
STUDENT ATHLETE NAME – PLEASE PRINT

\_\_\_\_\_  
STUDENT ATHLETE SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
DATE