

Sports Physicals Have Completely Changed! Again!

Here is your guide to understanding the new requirements imposed by PIAA:

1. There are now 6 sections (pages) of paperwork

Section 1 –Personal & Emergency Information (green)

Section 2 –Certification of Parent/Guardian (white, with Athletics signature spot on back)

Section 3 –Health History (pink, with section 4 on back)

Section 4 –Certification of Medical Examiner (pink, with section 3 on back)

→These are what every athlete needs who is getting their 1st sports physical of the school year.

Section 5 –Recertification with Health History (white, with Athletics signature spot on back)

Section 6 –Recertification by Medical Examiner (yellow, will be provided at ETSD physicals)

→ Section 5 is needed by every athlete who has already played a sport this school year, and wishes to play another. This form (5) must be turned into the Athletic Training Room or Athletics on the Monday before the actual physical exams are scheduled.

Section 5 determines whether that athlete :

A) has a change of emergency information,

B) has a change of address, or

C) has **seen a doctor** for an injury/illness since their LAST SPORTS PHYSICAL (CIPPE).

If there are any “yes” answers to questions #1-5 in **Section 5**, that athlete may need to attend our physicals for a **recertification exam, depending on the injury’s severity**. They will show up, receive Section 6, and get examined like everyone else. Call Audrey to find out.

2. CIPPE stands for Comprehensive Initial Pre-participation Physical Examination, or, the last full sports physical the athlete was given.

3. All athletes need to turn in a Blue Emergency Information card with their paperwork for EVERY SPORT THEY PLAY (yes, that means a new blue card for each season).

4. So, all athletes attending our November physicals will need to show up with Sections 1-4 and a blue card because it is their first physical for the school year.

A. If your child then wants to play a winter sport and has had a fall physical (in June at EJHS or since then with private doctor), he/she needs to turn a Section 5 and a blue card into the Athletic Training Room the Monday prior to Exeter’s scheduled physicals. If he/she answered yes to questions #1-5, that athlete may need to arrive at physicals in *shorts and a t-shirt*, at the appropriate time for their team, get Section 6 from us, and get examined.

B. If your child did NOT get a fall physical and wants to play a winter sport, he/she needs to get Sections 1-4 and a blue card from the Athletics Office, fill out the signature

parts, and arrive at physicals, *in shorts and a t-shirt*, at the appropriate time for their team to get examined. The doctors cannot see your child without your signatures!

5. All students attending Exeter's physicals or any alternate date's physicals at other schools must pay a \$10 fee (exact change only or a check made payable to Exeter Athletics).