

Recertification Guidelines

In 2009 the PIAA introduced the *Comprehensive Initial Pre-participation Physical Evaluation (CIPPE)* which changed the guidelines for interscholastic sport physicals. Most changes were for the better, but the area that created a lot of frustration was the **RECERTIFICATION PROCESS**. To avoid any issues, last year we decided to require all athletes to have a new physical prior to each sport. This decision worked out well, but it was very expensive.

Last spring, PIAA revised and simplified the **RECERTIFICATION FORM** which we believe is now acceptable for use by our students. Since this is a change in our **SPORT PHYSICAL POLICY**, I wanted to highlight the process in hopes of avoiding any problems. Please review these guidelines carefully and let me know if you have any questions.

1. **WHO NEEDS A RECERTIFICATION?** Athletes who had a sports physical during the current school year and successfully completed the season are eligible for recertification. Remember, athletes are required to have a full physical prior to their first sport season. This physical must be dated no earlier than 6 weeks prior to the 1st official practice.
2. **WHERE CAN WE FIND THE RECERTIFICATION FORM?** Recertification Forms are available in the Athletic Office or by accessing our website at eastpennsd.org/highschool/athletics. In addition, each coach needs to pick-up the forms prior to their candidates meeting. If an athlete is absent, forms are available in the office.
3. **WHAT DOES THE FORM LOOK LIKE?** This year the **Recertification Form** is a single sheet of purple paper representing SECTION 5 and SECTION 6 of the PIAA CIPPE Form. **Section 5: RE-CERTIFICATION BY PARENT/GUARDIAN** must be completed by the student's parent/guardian. Included in this section is a "**Supplemental Health History**" with six questions.
4. **WHAT IS THE NEXT STEP?** If all six questions of the "**Supplemental Health History**" are answered **NO**, the form is signed and dated by the parent/guardian and returned to the Athletic Office. A DOCTOR'S SIGNATURE IS NOT NEEDED.
5. **WHAT HAPPENS IF A QUESTION IS ANSWERED YES?** If any of the six questions are answered **YES**, the student must submit a completed **Section 6: Recertification by Licensed Physician of Medicine or Osteopathic Medicine** to the Athletic Office before being eligible for athletic participation. Section 6 may be completed by a personal physician or at the scheduled school physical.
6. **DOES SECTION 6 REQUIRE A NEW PHYSICAL?** Section 6 does not require a new physical but must have Sections 3 & 4 attached. The physician completing the form is clearing the athlete subsequent to sustaining the noted medical issue.
7. **MAY A STUDENT BEGIN PRACTICE/PLAY WITHOUT RECERTIFICATION?** Under no circumstances is any student permitted to begin competition without the proper medical forms on file in the Athletic Office. Such students will be designated as "ineligible to participate" and must be withheld from practice until this requirement is met. **Coaches and athletic trainers may no longer collect a physical for any reason.** Please direct the student to the Athletic Office where the staff will review the form to insure that all requirements have been met. If so the student will be given a paper signifying the successful completion of this step, which should then be given to his/her coach. As a back-up the office will also notify the coach and athletic trainers (email, cell phone) of a student's eligibility.