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In order to participate in a 2020 – 2021 PIAA Sport, you will need to complete the following:

Sign up online for your desired sport(s) at:

<https://www.tulpehocken.org/site/Default.aspx?PageID=1253>

Please select your desired sport(s) and fill in the required contact information. This information will be used to send out PIAA Paperwork and will allow Coaches to contact you about start dates and practice times.

Complete the required PIAA Paperwork.

The PIAA Packet should be filled out online at:

<https://www.tulpehocken.org/site/handlers/filedownload.ashx?moduleintanceid=1887&dataid=2605&FileName=TulpehockenPIAAPacket.pdf>

***** This packet has been designed so it can be saved and updated for future school years. This means you will no longer need to complete the same information every year. Just save your completed PDF file or make a copy. Next school year you will just need to review, update as needed, sign, and date. *****

***** This PDF version has been formatted to save you time. All data fields such as name, birthdate, etc. have been linked. Adobe Reader or Adobe Acrobat is recommended when completing this form. Do not forget to save your completed form to use next school year. Digital Signatures are accepted *****

Traditional PIAA Packets will be available in the athletic office if needed.

- 1) Complete the PIAA Packet.** Please make sure each section is complete and that you have explained each of your yes answers in the space provided.
- 2) Print the entire packet.** You should also save your completed packet for your personal records.
- 3) Sign the red highlighted signature areas.** Packets turned in with missing signatures will be considered incomplete. Please double check to make sure you have signed all the necessary sections.
- 4) Have the Section 6 (CIPPE) Sports Physical completed by an Authorized Medical Examiner on or after June 1, 2020.** Forms authorized before June 1, 2020 will NOT be accepted.

Please note that the **PIAA Section 6 CIPPE Form is the only physical form accepted by the PIAA.** Physicals completed on other forms (i.e. School or Learners Permit) will not be accepted. The PIAA Section 6 CIPPE Form is accepted for school physicals. **Athletics will provide the Nursing Office with all PIAA Section 6 CIPPE Forms to satisfy the School Physical Requirement.**

Questions regarding PIAA Sports Physicals should be directed to Miss Liz or Miss Shelby

2020 - 2021 PIAA Paperwork Requirements

First Sport – Completed PIAA Packet with Section 6 (CIPPE) Sports Physical dated on or after June 1, 2020

Subsequent Sports - Completed PIAA Section 7 Form (*Will be available to be completed in October for Winter Sports and February for Spring Sports.*) You will be emailed these forms or they may be picked up in the Athletic Office.

*** Athletes sustaining injuries after their Sports Physical has been completed will also need to have their Physician complete the PIAA Section 8 form. PIAA Section 8 Forms should be completed at the time of final clearance for that injury. Completed forms should be returned to the athletic training room at the time of injury ***

2020 – 2021 Sport Start Dates and Paperwork Due Dates

**** Please note that these dates may be altered due to Covid-19 Restrictions and PIAA Schedule changes. Stay Tuned. ****

	1 st Day of Practice	Required Paperwork	Paperwork Due Date
Fall Sports	HS – Monday August 17, 2020	<ul style="list-style-type: none"> Completed PIAA Packet Sports Physical (CIPPE) must be dated: <u>on / after June 1, 2020</u> 	Monday August 10, 2020
	JH – To be Determined (Coaches will contact you with official start date & time.)		
Winter Sports	HS – Friday November 20, 2020	<ul style="list-style-type: none"> Completed PIAA Packet If your Sports Physical (CIPPE) was dated <u>BEFORE: October 9, 2020</u>, you must also complete the PIAA Section 7 Form. If you sustained an injury after your Sports Physical, your Physician must complete the PIAA Section 8 Form. 	Friday November 13, 2020
	JH – To be Determined (Coaches will contact you with official start date & time.)		
Spring Sports	HS – Monday March 8, 2021	<ul style="list-style-type: none"> Completed PIAA Packet If your Sports Physical (CIPPE) was dated <u>BEFORE: January 25, 2021</u>, you must also complete the PIAA Section 7 Form. If you sustained an injury after your Sports Physical, your Physician must complete the PIAA Section 8 Form. 	Monday March 1, 2021
	JH – To be Determined (Coaches will contact you with official start date & time.)		

*** Please note that there will be a **24-hour processing time** for ANY athlete **completing their PIAA Packet after the paperwork due date**. This means if you wait until the 1st day of practice to return your paperwork, you will NOT be practicing on the 1st day! Please plan accordingly! ***
(Exceptions may be granted for special circumstances if advanced notice is given. Please contact the Athletic Office)

Winter & Spring athletes may return their completed PIAA Packets to the athletic office at any time. The Sports Physical (CIPPE) must be dated on or after 6/1/2020.

It is recommended that you return them as soon as the Sports Physical has been completed.

Where to get your Sports Physical:

***** If you have had Covid-19, please see your Family Physician for your physical. *****

1) Family Physician – Any physical on or after June 1, 2020 is valid. Please make sure to bring your printed Section 5 - Health History and Section 6 – Sports Physical forms with you and have your physician complete the PIAA Section 6 form (must sign and date).

ALL undated forms will be considered invalid until dated by physician.

Please triple check that your Section 6 form is signed and dated **BEFORE** leaving your Family Physician's Office.

***** Please note that the PIAA Section 6 CIPEE form is the only PIAA accepted physical form. Physicals completed on other forms (i.e. school or Learners Permit) will not be accepted. *****

2) FREE St. Luke's Sports Physical Event ***

Where: Reading High School (801 N. 13th Street Reading, PA 19604)

When: Thursday, February 18th from 5:30 PM – 8:00 PM

BY APPOINTMENT ONLY – Please schedule your appointment here:

<https://www.signupgenius.com/go/8050c4aa5a72fa6fe3-reading>

If you plan on attending these sports physicals, please make sure to complete the attached Tulpehocken PIAA Packet PRIOR to your appointment. **You will need to take your completed packet with you to your appointment.**

3) St. Luke's Care Now – Hamburg - \$25.00 Walk-In Sports Physicals ***

610-628-7200

9 Dave's Way

Hamburg, PA 19526

Monday – Friday: 8 AM – 8 PM

Saturday – Sunday: 8 AM – 4 PM

Please make sure to bring your printed Section 5 - Health History and Section 6 – Sports Physical forms with you.

ALL undated forms will be considered invalid until dated by physician.

Please triple check that your Section 6 form is signed and dated **BEFORE** leaving the Urgent Care center.

Other Area Urgent Care Centers that offer Walk-In Sports Physicals ***

(Please contact them directly for more information and pricing)

Penn State Health – Strausstown – 610-488-9790

M - F 7 AM – 9 PM; Sa - Su 8 AM – 4 PM

Patient First – Wyomissing – 484-220-0051

Open every day 8 AM to 10 PM

MedExpress – Lebanon – 717-272-7469

Open every day 8 AM to 8 PM

Lancaster General – Lebanon – 717-675-1788

M - F 9 AM – 9 PM; Sa – Su 8 AM – 8 PM