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2021 – 2022 Sport Start Dates and Paperwork Due Dates

	1 st Day of Practice	Required Paperwork	Paperwork Due Date
Fall Sports	HS – Monday August 16, 2021	<ul style="list-style-type: none"> All forms completed on Planet High School Sports Physical (CIPPE) must be dated: <u>on / after June 1, 2021</u> and uploaded into Planet High School or returned to the Athletic Office. 	Monday August 9, 2021
	JH – Monday August 23, 2021 (Coaches will contact you with official start date & time.)		
Winter Sports	HS – Friday November 19, 2021	<ul style="list-style-type: none"> All forms completed and Sports Physical (CIPPE) uploaded on Planet High School If you played a fall sport, you must also complete the PIAA Section 8 Form. If you sustained an injury after your Sports Physical, your Physician must complete the PIAA Section 9 Form. 	Friday November 12, 2021
	JH – To be Determined (Coaches will contact you with official start date & time.)		
Spring Sports	HS – Monday March 7, 2022	<ul style="list-style-type: none"> All forms completed and Sports Physical (CIPPE) uploaded on Planet High School If you played a fall/winter sport, you must also complete the PIAA Section 8 Form. If you sustained an injury after your Sports Physical, your Physician must complete the PIAA Section 9 Form. 	Monday February 28, 2022
	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 paperwork requirements after the paperwork due date for each season.

This means if you wait until the 1st day of practice to complete your paperwork, you will NOT be approved to practice on the 1st day! Please plan accordingly! ***

Winter & Spring athletes may complete their paperwork requirements any time.

The Sports Physical (CIPPE) must be dated on or after 6/1/2021.

It is recommended that you upload your Section 7 CIPPE as soon as the Sports Physical has been completed.

Sports Physical Examination

*** This is the only date for the 2021 – 2022 School Year. ***

- When:** Wednesday, June 2, 2021 from 5:30 PM – 8:00 PM
(By appointment ONLY – please see link below)
- Where:** Tulpehocken Jr/Sr High School – Please enter at the New Gym Entrance
- Cost:** FREE

If attending these physicals, please note:

- Physicians are not able to complete Non-PIAA Physical Forms (i.e. Summer Camp, Learners Permit, etc.).
- Athletes attending physicals are asked to wear athletic shorts and a t-shirt and/or tank top.
- A vision screen will be included. **Athletes with corrected vision are asked to wear their contacts or bring their glasses.**

Covid-19 Protocols:

- All athletes and parents must wear a mask at all times.
- Social distancing, cleaning, and masking procedure will be observed.
- Per St. Luke's Policy, **Student Athletes with a history of positive covid-19 infection in the preceding 3-month period prior to sports physicals must see their PCP or schedule a physical in-office with a sports medicine physician. They should not go this physical exam but, rather, a private, one-on-one exam where the physician will perform a much more detailed evaluation of the patient.** If a student athlete does not have a primary care physician, please see your Athletic Trainer and they will assist you with getting an appointment.

2021 – 2022 Sports Physicals are available by appointment only.

Please schedule your appointment here:

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

- Appointments are available on a first come first serve basis.
- When scheduling your appointment, please list your student-athlete's name in the Comment Section.
- Families with multiple student-athletes will need to make an appointment for each student-athlete.

If Attending June 2nd Physicals:

All required Athletic Forms must be signed & completed on Planet High School by Monday, May 31, 2021.

- The Athletic Office will print out all completed Health History Forms (PIAA Section 6) and a blank copy of the PIAA Section 7 Physical (CIPPE) page. You do NOT need to print out any paperwork if you are attending these sports physicals. These forms will be given to you at Check-In.
- The athletic department will help you upload your completed PIAA Section 7 Physical (CIPPE) page into Planet High School immediately following your Sports Physical at Check-Out.

Where else to get your Sports Physical:

***** If you have had Covid-19 in the last 90 days, please see your Family Physician for your physical. *****

1) Family Physician – Any physical on or after June 1, 2021 is valid. Please make sure to bring your printed Section 6 - Health History and Section 7 – Sports Physical forms with you and have your physician complete the PIAA Section 7 form (must sign and date).

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

Please triple check that your Section 7 form is signed and dated BEFORE leaving your Family Physician's Office.

***** Please note that the PIAA Section 7 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) 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 6 - Health History and Section 7 – Sports Physical forms with you.

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

Please triple check that your Section 7 form is signed and dated BEFORE leaving the Urgent Care center.

3) 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

4) Other St. Luke's Sponsored Physical Events ***

Additional Free Sports Physical events may be offered by St. Lukes. Dates and times will be emailed out to families.