



# New Family Athletic Paperwork Guide

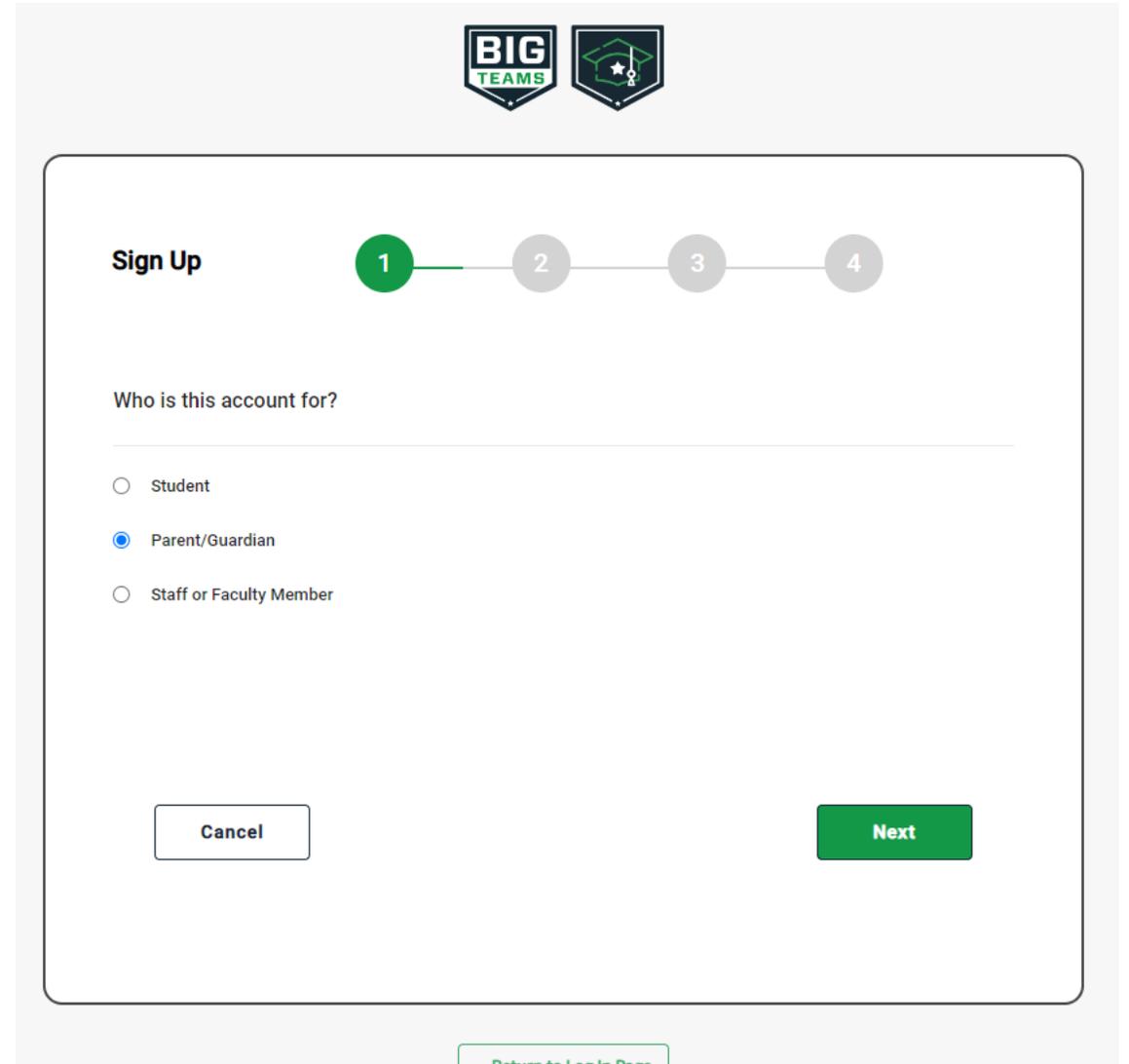
If your child is interested in playing a sport next school year, please follow the following steps to complete their required athletic forms for the 2023 – 2024 school year.

All athletic forms are completed digitally in Big Teams Student Central. This guide will help you set up your accounts.

Go to

<https://studentcentral.bigteams.com/>

- Select Parent/Guardian Account.
- Click Next.

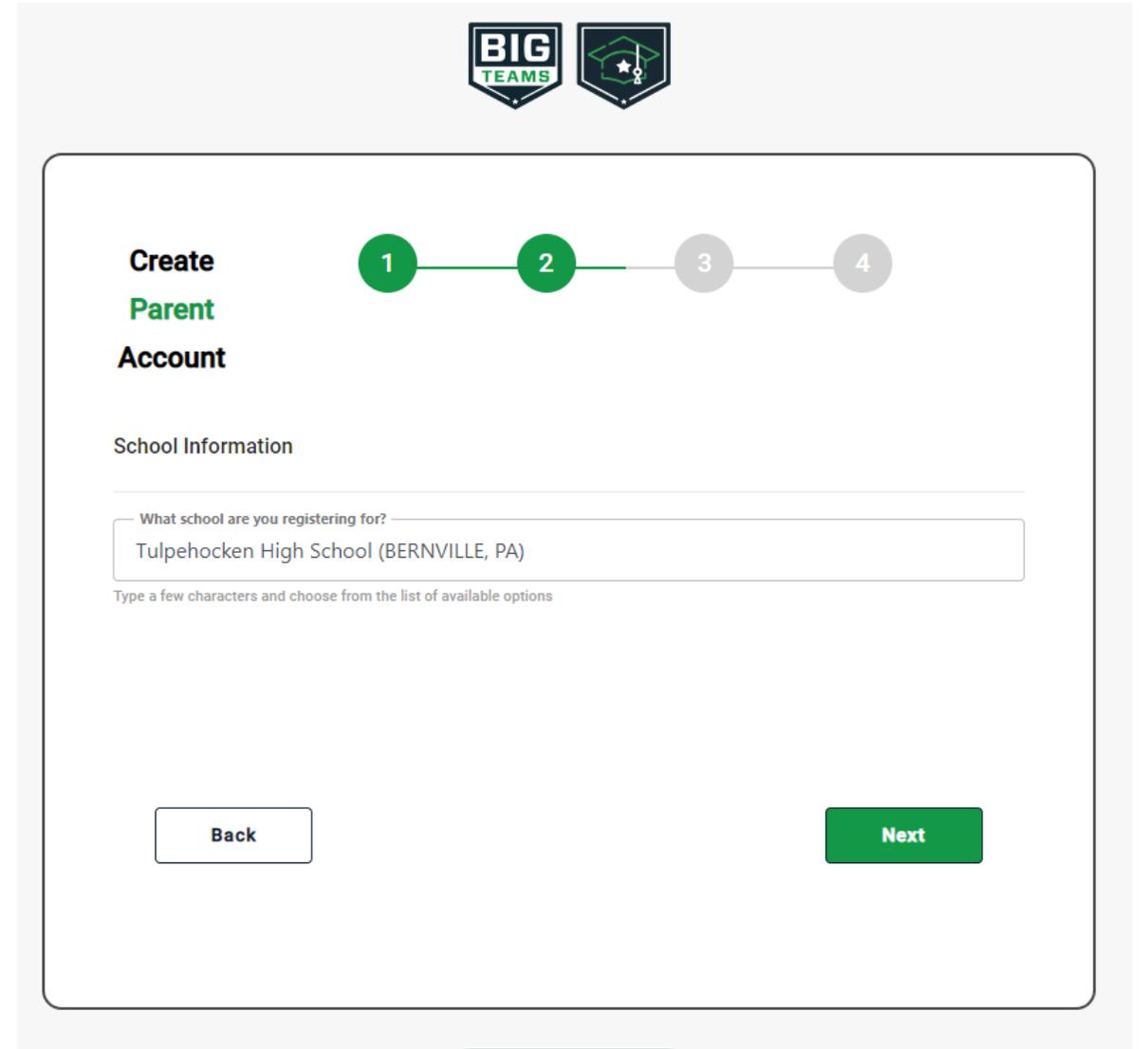


The screenshot shows the Big Teams sign-up interface. At the top, there are two logos: 'BIG TEAMS' and a shield with a graduation cap and a star. Below the logos is a progress indicator with four steps: 1 (active, green), 2 (grey), 3 (grey), and 4 (grey). The main heading is 'Sign Up'. Below this is the question 'Who is this account for?' followed by three radio button options: 'Student', 'Parent/Guardian' (selected), and 'Staff or Faculty Member'. At the bottom, there are two buttons: 'Cancel' and 'Next'. A 'Return to Log In Page' link is visible at the very bottom.

# School Information

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- Select Tulpehocken High School (BERNVILLE, PA)
- Click Next.



The screenshot shows a web interface for creating a parent account. At the top right, there are two logos: 'BIG TEAMS' and a graduation cap icon. Below the logos is a progress indicator with four steps: 1 (green), 2 (green), 3 (grey), and 4 (grey). The title 'Create Parent Account' is displayed. Underneath, the section 'School Information' is active. It contains a text input field with the placeholder 'What school are you registering for?' and the text 'Tulpehocken High School (BERNVILLE, PA)'. Below the input field is a small instruction: 'Type a few characters and choose from the list of available options'. At the bottom of the form, there are two buttons: 'Back' and 'Next'.

**BIG TEAMS** 

**Create Parent Account**

1 — 2 — 3 — 4

**School Information**

What school are you registering for?

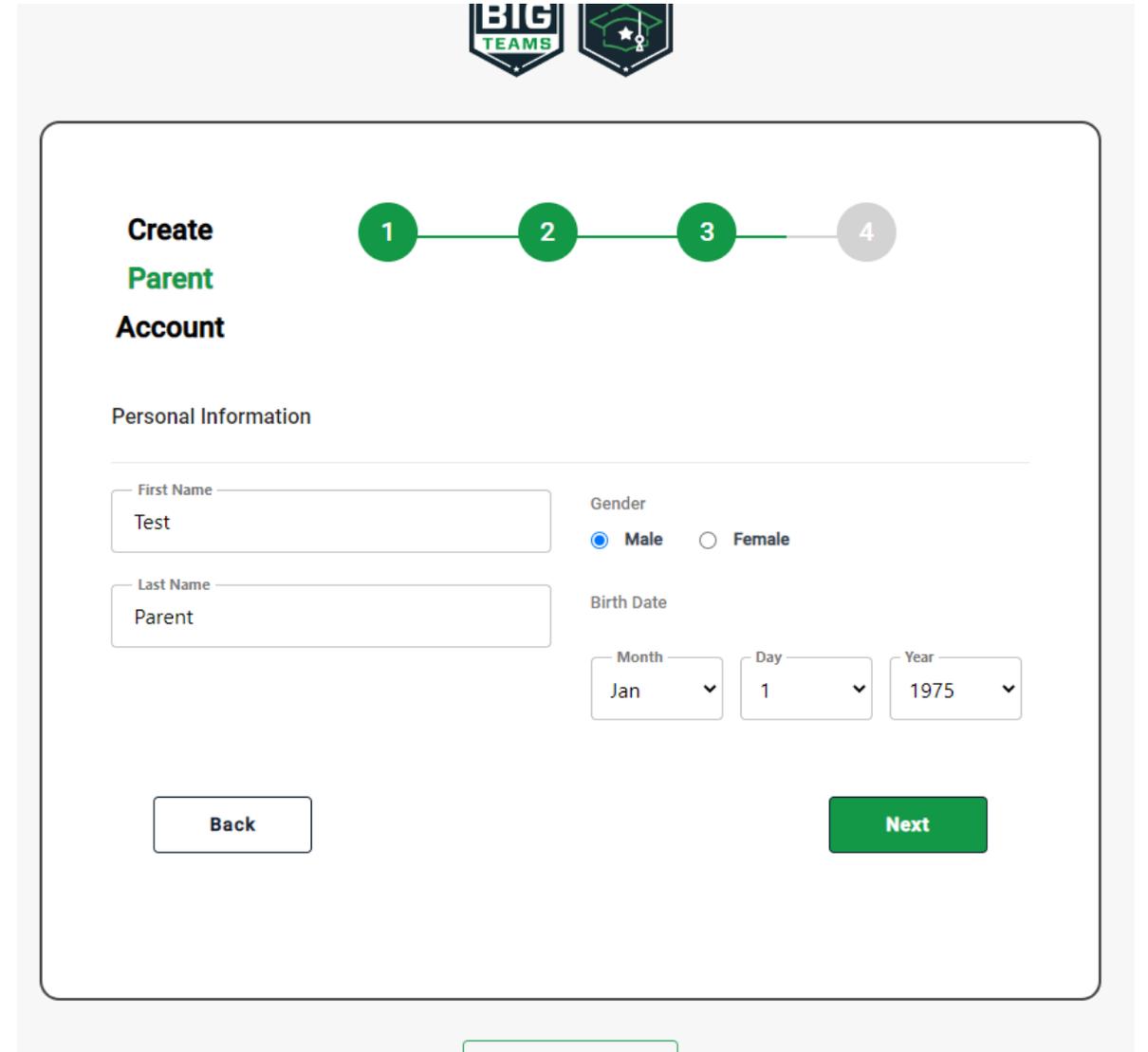
Tulpehocken High School (BERNVILLE, PA)

Type a few characters and choose from the list of available options

**Back** **Next**

# Personal Information

- Enter the requested information.
- Click Next.



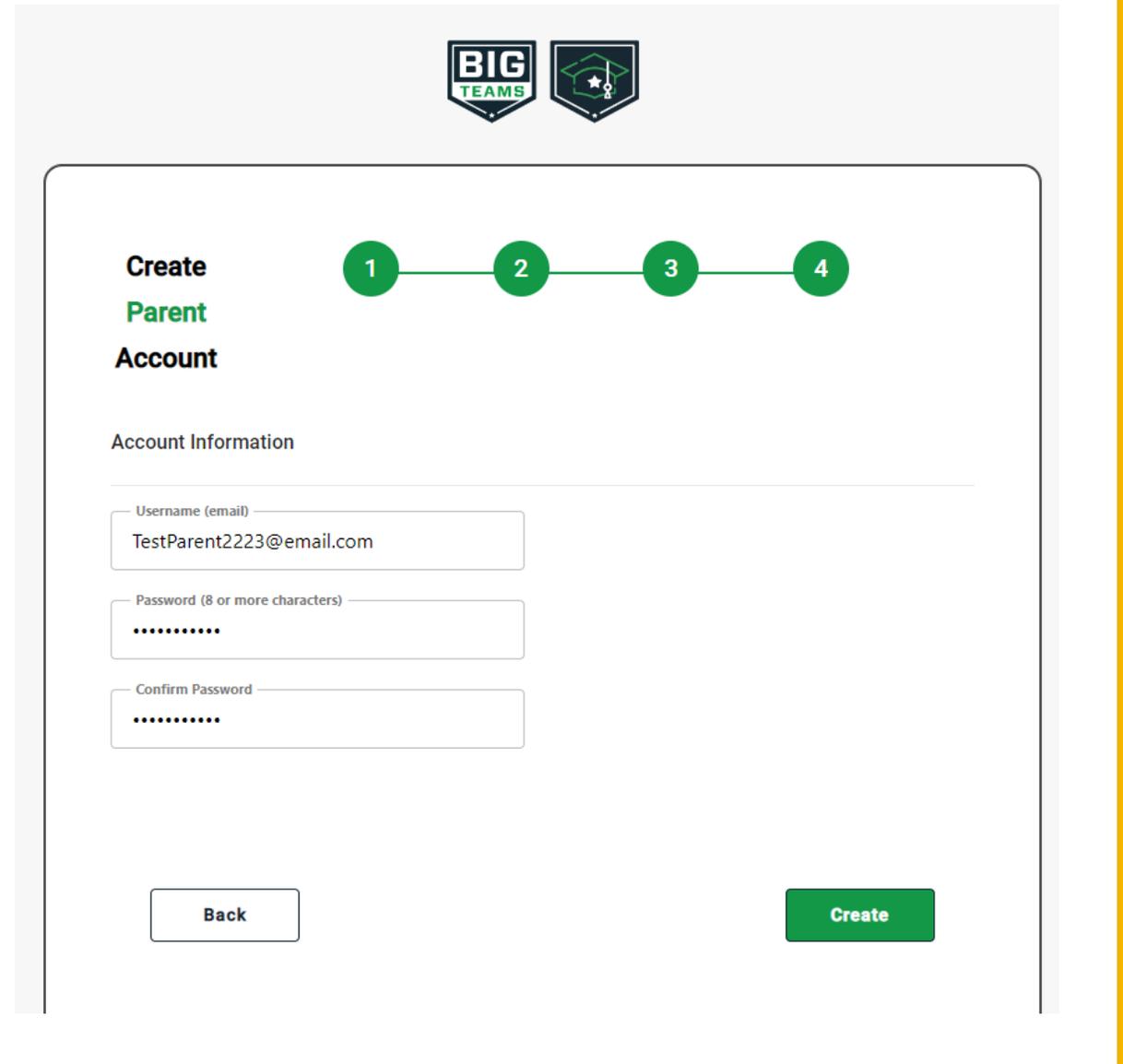
The screenshot shows a web form titled "Create Parent Account" with a progress indicator at the top. The progress indicator consists of four numbered circles: 1 (green), 2 (green), 3 (green), and 4 (grey). The form is titled "Personal Information" and contains the following fields:

- First Name:** Text input field containing "Test".
- Last Name:** Text input field containing "Parent".
- Gender:** Radio button selection with "Male" selected and "Female" unselected.
- Birth Date:** Three dropdown menus for "Month" (Jan), "Day" (1), and "Year" (1975).

At the bottom of the form, there are two buttons: a "Back" button and a "Next" button (highlighted in green).

# Account Information

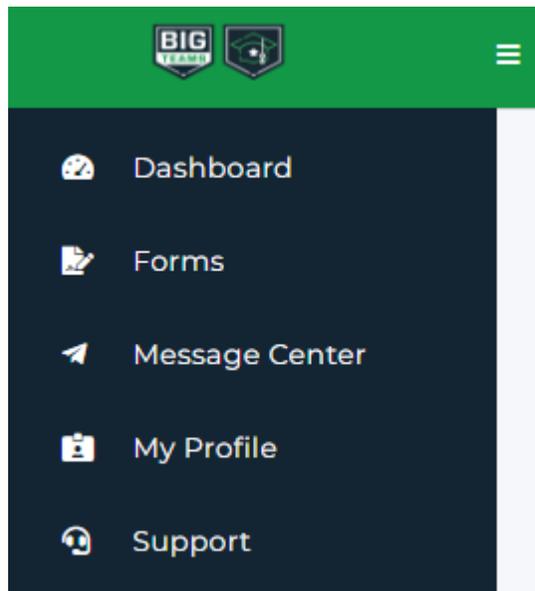
- Enter your desired email and password.
- Click Create.



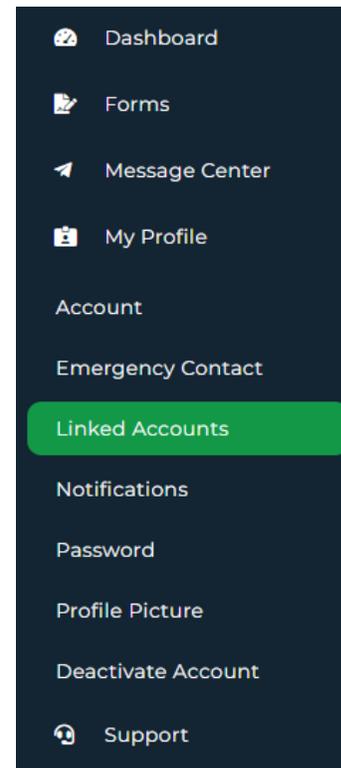
The screenshot displays the 'Create Parent Account' form within the BIG TEAMS interface. At the top right, there are two logos: 'BIG TEAMS' and a graduation cap icon. Below the logos is a progress indicator consisting of four green circles numbered 1 through 4, connected by a horizontal line. The text 'Create Parent Account' is positioned to the left of this indicator. The form itself is titled 'Account Information' and contains three input fields: 'Username (email)' with the value 'TestParent2223@email.com', 'Password (8 or more characters)' with masked dots, and 'Confirm Password' also with masked dots. At the bottom of the form, there are two buttons: a white 'Back' button on the left and a green 'Create' button on the right.

# Parent/Guardian accounts need to be linked to a student's account.

Click on My Profile.



Then click on Linked Accounts



# Linking to a Student Account – Step 1

## Click on + Link Student Account

### Account Linking

Students and parents must have separate accounts for electronically signing the documents necessary for participation in sports. Enter your Student's mobile phone number or email address and we'll send them an invitation to link accounts.

+ Link Student Account



# Linking to a Student Account – Step 2

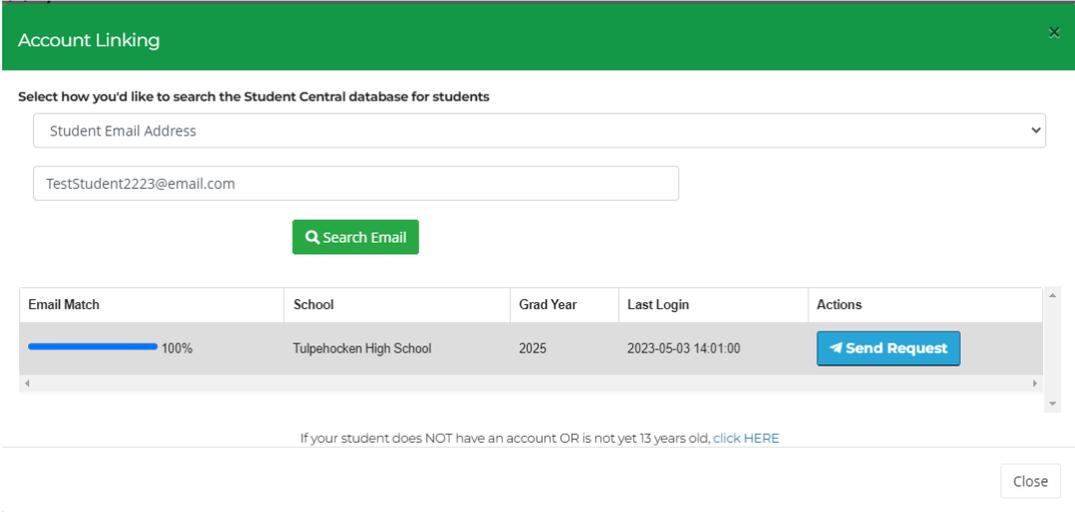
You can search for your student by Name and Birthdate, Student Email Address, or Student ID (lunch number). Enter the requested information and click search.

The image displays three screenshots of the 'Account Linking' search interface, each showing a different search method. Each window has a green header with the title 'Account Linking' and a close button (X).

- Left Screenshot:** The search method is 'Student Name & DOB'. It includes input fields for 'Child's First Name', 'Child's Last Name', and 'Child's DOB'. A green 'Search Name' button is at the bottom. A link 'HERE' is provided for students without accounts or under 13 years old.
- Middle Screenshot:** The search method is 'Student Email Address'. It includes an input field for 'Child's Email'. A green 'Search Email' button is at the bottom. A link 'HERE' is provided for students without accounts or under 13 years old. A 'Close' button is in the bottom right.
- Right Screenshot:** The search method is 'Student School ID'. It includes input fields for 'Student School ID' and 'Student ID'. A green 'Search SID' button is at the bottom. A link 'HERE' is provided for students without accounts or under 13 years old. A 'Close' button is in the bottom right.

# Linking to a Student Account – Step 3

When your student has been found, click Send Request.



The screenshot shows a web interface titled "Account Linking". It features a search section with a dropdown menu set to "Student Email Address" and a text input field containing "TestStudent2223@email.com". A green "Search Email" button is positioned below the input field. Below the search area is a table with the following data:

Email Match	School	Grad Year	Last Login	Actions
100%	Tulpehocken High School	2025	2023-05-03 14:01:00	<a href="#">Send Request</a>

At the bottom of the interface, there is a link: "If your student does NOT have an account OR is not yet 13 years old, [click HERE](#)". A "Close" button is located in the bottom right corner.

## Linking to a Student Account – Step 4

- Log-out of Parent/Guardian Account.
- Log-in to the Student Account.
- Student accounts have been pre-created with their Tulpehocken Student email.
- Student Passwords are their first initial last initial student ID. (See Example)

### **Example of Student Log-In Information**

Student Name – John Smith

School ID (Lunch Number) – 123456

### **Big Teams Student Log-In Credentials**

Email – 29jsmith@tulpehocken.org

Password – js123456

# Linking to a Student Account – Step 5

## Accept the link request from the Parent/Guardian Account

- Found under My Profile → Linked Accounts

Account Linking

Students and parents must have separate accounts for electronically signing the documents necessary for participation in sports. Enter your Parent/Guardian's mobile phone number or email address and we'll send them an invitation to link accounts.

[+ Link Parent Account](#)

Name	School	Link Status	Last Login	User Info	Actions
Test Parent	Tulpehocken High School	Link requested	05-03-2023 02:06 PM	TestParent2223@email.com	<a href="#">✓ Accept</a> <a href="#">✗ Decline</a>

# Your Accounts have now been linked!

- You are now ready to complete the required 2023 – 2024 Athletic Forms.
- This can all be done from your Parent / Guardian account.
- Log back into your parent/guardian account.

<https://studentcentral.bigteams.com/>

# Emergency Contact Information

- Please complete the emergency contact information for your student.
- For the Primary Parent/Guardian, it requires a phone number for each category. If you only use a cell phone number, please just list this number all three times.
- For Secondary and Alternative contacts, you will only need one number.

Please provide emergency contact info.

Please supply at least one emergency/alternate contact phone number.

Tulpehocken High School requires emergency telephone and contact information to be registered for every student that wants to tryout or participate in any activity or sport.

Primary Parent / Guardian	
First Name	<input type="text" value="Test"/>
Last Name	<input type="text" value="Parent"/>
Relationship to Student	<input type="text"/>
Primary / Mobile Phone	<input type="text"/>
Secondary / Work Phone	<input type="text"/>
Alternate Phone	<input type="text"/>
Email Address	<input type="text" value="TestParent2223@email.com"/>
Street Address	<input type="text"/>
City	<input type="text"/>
State	<input type="text"/>
Zip Code	<input type="text"/>

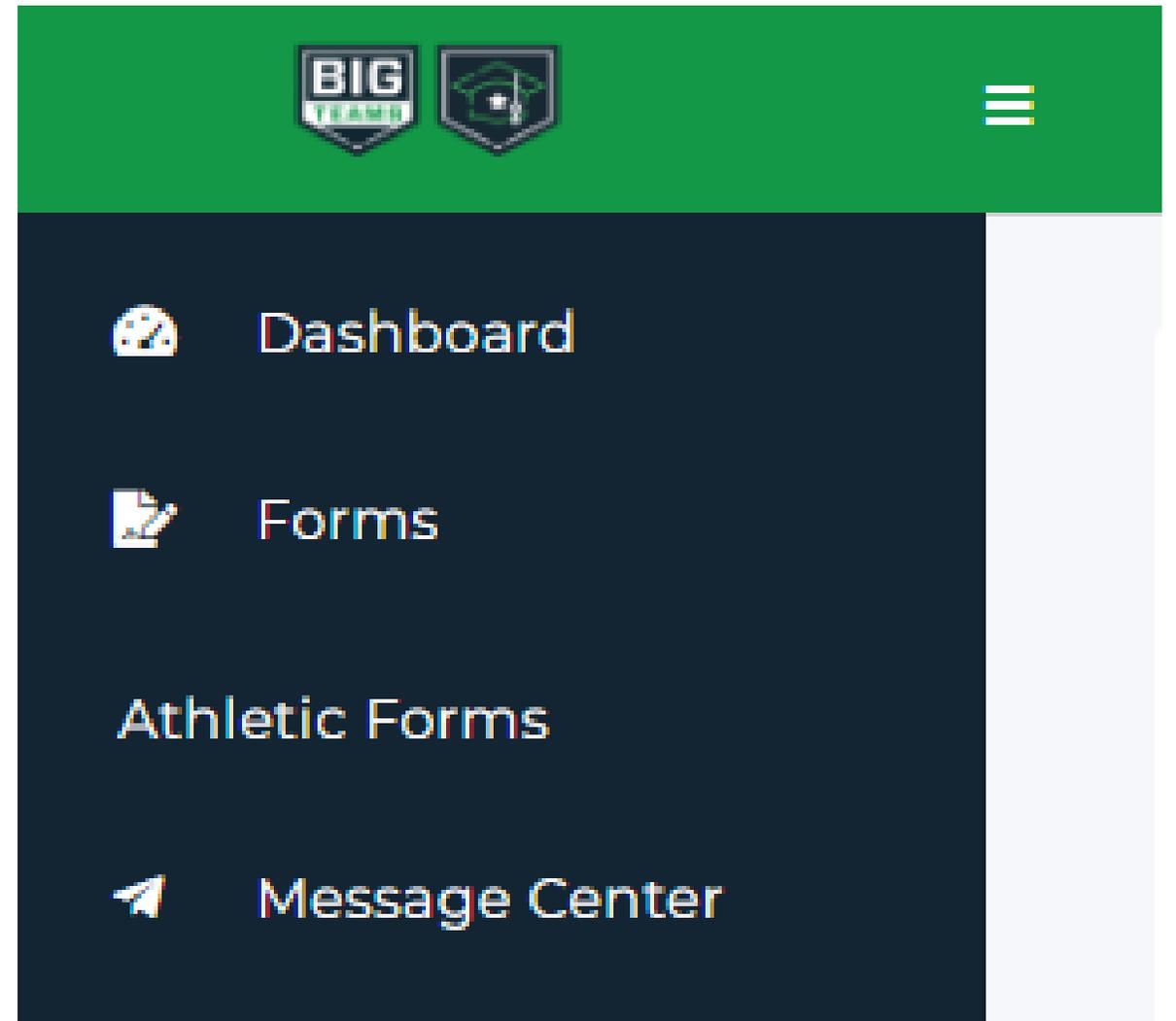
Secondary Parent / Guardian

# Completing Athletic Forms – Step 1

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From the Side Menu:

- Click on Forms
- Select Athletic Forms



# Families with Multiple Students

- If you have more than one student, you will need to select each student to complete their forms.
- The selected student will be highlighted, and their information will be showed below.

## Parent's Athletic Pre-Participation

These Forms Must Be Completed For Each Student

An administrator must review and approve the completed forms before the student will be allowed to participate in any Athletics/Activities/E-Sports.

Reviewing Forms for the Following School Year 2023 - 2024

**Test Student** **Student Test**

Date Of Birth: 08/01/2006

Gender: Female

Student at: Tulpehocken High School

Grad Year: 2025

[Log In As: Test](#)

Email Address: TestStudent2223@email.com

Mobile Phone:

[Edit Account](#)

[Edit Emergency Info](#)

Linked Account(s)

Parent/Guardian: Test Parent

Mobile Phone:

Email Address: TestParent2223@email.com

# Completing Athletic Forms – Step 2

Select the sport(s) your child is interested in playing during the upcoming school year

Sport Interest

- Baseball
- Cheerleading (winter)
- Football
- Swimming (team)
- Track/field (team)

- Basketball
- Competitive Cheer
- Golf (team)
- Tennis (fall)
- Wrestling

- Bowling
- Cross Country (team)
- Soccer
- Tennis (spring)

- Cheerleading (fall)
- Field Hockey
- Softball
- Track/field (indoor)

Tulpehocken Sports Offered Guide		
<i>Team names are listed as how they appear in Planet High School</i>		
Fall Sports	High School	Junior High
Cross Country (team)	X	X
Field Hockey	X	X
Soccer	X	X
Football - Co-op at Conrad Weiser	X	X
Cheerleading (fall)	X	Not Available
Golf (team)	X	Not Available
Tennis (fall) *Girls Tennis*	X	Not Available
Winter Sports	High School	Junior High
Basketball	X	X
Cheerleading (winter)	X	X
Wrestling	X	X
Track/field (indoor) - <i>This is a club sport. Athletic Forms need to be completed prior to competing in Indoor Meets.</i>	X	Not Available
Swimming (Team) - <i>This is an individual sport. You must speak with the Athletic Director if interested.</i>	X	Not Available
Bowling - <i>This is an individual sport. You must speak with the Athletic Director if interested.</i>	X	Not Available
Spring Sports	High School	Junior High
Baseball	X	X
Softball	X	X
Track/field (team)	X	X
Tennis (spring) *Boys Tennis*	X	Not Available

# Co-Op Football at Conrad Weiser

If your child is interested in playing Football through our Co-Op agreement with Conrad Weiser, you will also need to select an additional School:

- 7<sup>th</sup> & 8<sup>th</sup> Grade Students should select Conrad Weiser Middle School (ROBESONIA, PA)
- 9<sup>th</sup> – 12<sup>th</sup> Grade Students should select Conrad Weiser High School (ROBESONIA, PA)

There will be three Conrad Weiser specific forms that you will also need to complete. These forms will not be visible until you have selected Conrad Weiser as an additional school.

For full details about our football co-op with Conrad Weiser, please email our Athletic Director: Mr. Trevor Brown ([tBrown@tulpehocken.org](mailto:tBrown@tulpehocken.org)).

Additional School Participation  
Please select any additional schools you may be participating in other than your home school.

Add School:

Add this school to your profile? ×

Are you sure you would like to add Conrad Weiser High School (ROBESONIA, PA) to your profile?

**Student-Parental Assumption of Risks and Release Form** Incomplete

**Code of Conduct** Incomplete

**Consent to Treat** Incomplete

# Completing Athletic Forms – Step 3

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Complete the parent/guardian portion of all athletic forms

Completion of These Forms is Required of Each Athlete

The forms below must be completed by both the student and a parent or legal guardian. Only aft

## Status Legend

**Awaiting Athlete Signature:** The student athlete needs to log into their account to review and :

**Awaiting Parent Signature:** The parent needs to log into their account to review and sign the fi

**Pending Staff Approval:** The form is now waiting for the Sports Director at your school to review

**Declined:** Staff has Declined the form

**Complete:** This form has been approved by the Sports Director at your school

PIAA Personal & Emergency Information (Section 1) *Incomplete*

PIAA Certification of Parent/Guardian (Section 2) *Incomplete*

PIAA Concussion Form (Section 3) *Incomplete*

PIAA Cardiac Awareness Form (Section 4) *Incomplete*

PIAA Pre-Participation History Form (Section 5) *Incomplete*

Tulpehocken Area School District Athletic Enrollment Information Form *Incomplete*

Informed Consent for Athletic Participation *Incomplete*

St. Luke's Consent to Treat Patient *Incomplete*

St. Luke's HIPAA Privacy Authorization Form *Incomplete*

Student Athlete Code of Responsibility *Incomplete*

Concussion History and Concussion Management Consent Form *Incomplete*

# Required Forms Guide

[More details about each form is available here](#)

## Tulpehocken Forms Guide

Please complete the following digital forms on Big Teams Student Central (formerly Planet High School).  
*Paper/Uploaded copies will not be accepted unless specifically noted below.*

### PIAA Personal & Emergency Information (Section 1) - Sign

- Some information will transfer from your completed Emergency Contact Information. Please double check it to ensure accuracy. Update as needed.
- We do NOT need your insurance company address or telephone #. Please feel free to put an X for these fields as they are required fields to complete the form.
- For Physician, please feel free to list your General Medical Group (i.e. Reading Pediatrics, Children's Clinic, Tower Health Pediatrics, etc).
- Also, please note that the form only gives MD or DO as options as this is how the PIAA form is formatted. We realize that many people choose to use a CRNP or PA-C as your PCP. If this is the case, please just list that with their name and choose the first available option for Title (as it is a required field)

### PIAA Certification of Parent/Guardian (Section 2) – Parent Signature and Initials Only

- Make sure the blanks for Part A are complete and accurate. Add in [Tulpehocken Area](#) for School District.
- Please check the sports that you are giving your student-athlete permission to participate in for the upcoming school year.
- Initial by Parts B - F.

### PIAA Concussion Form (Section 3) – Sign and Initial

### PIAA Cardiac Awareness Form (Section 4) – Sign and Initial

### PIAA Pre-Participation History Form (Section 5) – Sign and Initial

- Please make sure to provide an explanation for all yes answers in the box at the bottom. You will be able to re-use this form in subsequent years, so please take your time when initially completing it your first year.
- **For all yes answers, please list the question number and give a brief explanation.**
- **Forms with incomplete information will be declined by the Athletic Department and you will be required to update and re-submit.**
- Once you have completed this form online, you will need to print it out to take to your Sports Physical Appointment.
- To print a completed copy of this form, please click on the "Print/Upload Here" and then "Print Document". Please do not upload another version of this form.

### [PIAA Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner \(Section 6\)](#) – This form is not visible until June 1<sup>st</sup>.

- **Needs to be uploaded to your Big Teams Student Central account once completed by your physician.**
- Please scan or take a clear picture to upload into Big Teams Student Central. Please make sure the entire page is included in the scan/picture and all information is legible. Please only upload your Section 6 Form.
- Original Forms may also be returned to the Athletic Office. A copy of your original will be uploaded to your Planet High School Account for you.
- **The PIAA Section 6 (CIPPE) must be certified/dated on or after June 1<sup>st</sup> for each school year.** Forms with improper dates or missing dates will be declined by the Athletic Department and you will be required to update and re-submit.
- **The PIAA Section 6 (CIPPE) form is the only physical form accepted by the PIAA. Please do not upload PDE School Physical Exam forms or a Drivers Permit Physical.**
- **Copies of completed PIAA Section 6 CIPPE forms will be provided to the nursing office to satisfy the PDE School Physical Exam requirement.**

### Tulpehocken Area School District Athletic Enrollment Information Form – Sign and Initial

### Informed Consent for Athletic Participation - Sign

### St. Luke's Consent to Treat Patient

- Our athletic trainers are contracted through St. Luke's University Health Network. This form allows them to treat student athletes for their injuries.
- Signing this form does **NOT** mean that you will be required to see St. Luke's physicians.
- You will always have the freedom to see any Physician or Medical Group of your choosing and our sports medicine staff will be happy to refer your student-athlete to any Medical Group you request or give you a list of possible recommendations based on your geographic location as well as the nature of their injury.

### St. Luke's HIPAA Privacy Authorization Form

- This form allows the school athletic trainers to share injury information with coaches, school nurses, or administration as needed.
- Signing this form does **NOT** mean that you will be required to see St. Luke's physicians.
- You will always have the freedom to see any Physician or Medical Group of your choosing.

### Student Athlete Code of Responsibility – Sign and Initial

- Direct link to the Parent/Athlete Handbook: <https://www.tulpehocken.org/cms/lib/PA5000607/Centricity/Domain/67/10%20parentstudent%20handbook.docx>

### Concussion History and Concussion Management Consent Form – Sign

### Baseline ImPACT Test

- As part of our Concussion Management Program, all athletes are required to take a baseline ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) every two years prior to their 1<sup>st</sup> sport of the school year.
- ImPACT is an objective tool to support trained healthcare providers in making sound return to activity decisions following concussions.
- It is a computerized test that measures memory, attention span, visual, and verbal problem solving. This baseline test is performed to see how an athlete normally performs these tasks.
- If an athlete sustains a concussion during the season, their Physician may request that they take a post-injury exam to see if they are back to their baseline for each of the tasks. Post-injury tests will only be performed at the request of the treating physician or parent/guardian.
- [More information about the ImPACT Test is available here.](#)
- Direct link to complete your Baseline Test: <http://www.impacttestonline.com/schools>
- The Customer Code is - AZYV8QSNXT
- [Full testing instructions are available here.](#)
- If you are unsure if your student athlete needs to complete a baseline test this school year or if you need to schedule a baseline test at the school, please contact our Athletic Trainer, Liz Clark ([lclark@tulpehocken.org](mailto:lclark@tulpehocken.org))

# Completing Athletic Forms – Step 4

## Parent's Athletic Pre-Participation

These Forms Must Be Completed For Each Student

An administrator must review and approve the completed forms before the student will be allowed to participate in any Athletics/Activities/E-Sports.

Reviewing Forms for the Following School Year

2023 - 2024

Test Student

Date Of Birth: 08/01/2006

Gender: Female

Student at: Tulpehocken High School

Grad Year: 2025

Email Address: TestStudent2223@email.com

Mobile Phone:

→ Log In As: Test

✎ Edit Account

🚑 Edit Emergency Info

Linked Account(s)

Parent/Guardian: Test Parent

Mobile Phone:

Email Address: TestParent2223@email.com

- Scroll back up to the top of the Athletic Forms page.
- You can now log in as your student to help them complete their portion of the Athletic Forms.
- Select Log In As: Student's Name

# Completing Athletic Forms – Step 5

- You should see “you are logged in as: Student Name” at the top of your screen.
- Complete the student portion of all athletic forms.

Self Help You are logged in as: **Test Student** [Return to Parent Account](#) [Select Language](#)

Please select any additional schools you may be participating in other than your home school.

Add School:

Completion of These Forms is Required of Each Student  
The forms below must be completed by both the student and a parent or legal guardian. Only after the Sports Director has reviewed and approved the completed forms will the student be allowed to participate in team activities.

[PRINT PIAA SECTION 5 AND 6](#)

Status Legend

- Awaiting Student Signature:** The student needs to log into their account to review and sign the form
- Awaiting Parent Signature:** The parent needs to log into their account to review and sign the form
- Pending Staff Approval:** The form is now waiting for the Sports Director at your school to review and approve the form
- Declined:** Staff has Declined the form
- Complete:** This form has been approved by the Sports Director at your school

PIAA Personal & Emergency Information (Section 1) **Complete**

PIAA Certification of Parent/Guardian (Section 2) **Complete**

PIAA Concussion Form (Section 3) *Awaiting Athlete Signature*

PIAA Cardiac Awareness Form (Section 4) *Awaiting Athlete Signature*

PIAA Pre-Participation History Form (Section 5) *Awaiting Athlete Signature*

Tulpehocken Area School District Athletic Enrollment Information Form *Awaiting Athlete Signature*

Informed Consent for Athletic Participation *Awaiting Athlete Signature*

St. Luke's Consent to Treat Patient **Complete**

St. Luke's HIPAA Privacy Authorization Form **Complete**

Student Athlete Code of Responsibility *Awaiting Athlete Signature*

Concussion History and Concussion Management Consent Form *Awaiting Athlete Signature*

# Completing Athletic Forms – Step 6

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- You will see **Complete** next to each form when it has been completed and signed as needed.
- The PIAA Physical Exam Form (Section 6) will not appear until June 1<sup>st</sup>.

PIAA Personal & Emergency Information (Section 1) **Complete**

PIAA Certification of Parent/Guardian (Section 2) **Complete**

PIAA Concussion Form (Section 3) **Complete**

PIAA Cardiac Awareness Form (Section 4) **Complete**

PIAA Pre-Participation History Form (Section 5) **Complete**

Tulpehocken Area School District Athletic Enrollment Information Form **Complete**

Informed Consent for Athletic Participation **Complete**

St. Luke's Consent to Treat Patient **Complete**

St. Luke's HIPAA Privacy Authorization Form **Complete**

Student Athlete Code of Responsibility **Complete**

Concussion History and Concussion Management Consent Form **Complete**

# PIAA Sports Physicals General Info

Once your required athletic forms have been completed, you are now ready to get your sports physical.

- Sports physicals must be completed on the [PIAA Section 6 CIPPE Form](#).
  - Physicals completed on other forms (i.e. school or Learners Permit) cannot be accepted per PIAA Guidelines.
- **The Athletic Department provides the Nursing Office with copies of all Sports Physicals to satisfy the School Physical requirement.**
- Sports physicals must be dated on or after June 1<sup>st</sup> of each school year.
  - All undated forms will be considered invalid until dated by the Authorized Medical Examiner (MD, DO, PA-C, CRNP, SNP).

**SECTION 6: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER (NOT VALID UNLESS DATED BY AUTHORIZED MEDICAL EXAMINER ON OR AFTER JUNE 1<sup>ST</sup> EACH SCHOOL YEAR)**

**PLEASE COMPLETE PRIOR TO PHYSICAL EVALUATION** Student's Date of Birth \_\_\_\_\_ Grad Year \_\_\_\_\_  
 Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
 Enrolled in Tulpehocken Jr/Sr High School Sport(s) \_\_\_\_\_

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.  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body Fat (optional) \_\_\_\_\_ Brachial Artery BP \_\_\_\_\_ Resting Pulse \_\_\_\_\_  
 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 >120/92, RP >104, Age 13-15: BP >130/86, RP >100, Age 16-20: 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		
Cardiopulmonary		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
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) \_\_\_\_\_ License # \_\_\_\_\_  
 AME's Name (print/type) \_\_\_\_\_ Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 AME's Signature \_\_\_\_\_ MD, DO, PAC, CRNP, SNP (circle one)  
 Certification Date of CIPPE \_\_\_\_\_

**NOT VALID UNLESS DATED BY AUTHORIZED MEDICAL EXAMINER ON OR AFTER JUNE 1<sup>ST</sup> OF EACH SCHOOL YEAR**

# Where to get a Sports Physical:

- 1. Family Physician** – If your student has had a well visit in the last year, their Primary Care Provider may be able to certify this school year's sports physical. The certification date just needs to be on or after 6/1/2023. Many offices will use a past physical to certify this school year's physical. We recommend that you call your PCP as this policy may vary by Medical Group.
- 2. 2023 – 2024 Tulpehocken Sports Physical Event**
  - When – Monday, June 5 from 6:00 PM – 8:30 PM (By Appointment Only)
  - Where – Tulpehocken Jr/Sr High School
  - [Schedule your appointment here](#)
- 3. Urgent Care Centers** – Many urgent care centers offer Sports Physicals. Prices and hours will vary by Urgent Care.

# Printing your completed Section 5 – Health History

- If you are getting your sports physical at your PCP or an Urgent Care, please make sure to print out your completed Section 5 Health History. To do this:
  - At the top of your PIAA Pre-Participation History Form (Section 5), select Print/Upload Here
  - Select Print Document
  - Print the Section 5 Form.

We recommend that you do NOT use the Section 6 Physical Form that will also be included in the printout as we have found that most providers do not see the Date part of this form and often forget to date the form. Please use this Section 6 Physical Form found here:

[PIAA Section 6 Physical Form](#)

## PIAA Pre-Participation History Form (Section 5)

**Test Student**  
Tulpehocken High School  
Grad Year: 2025 | Gender: female | Date Of Birth: 08/01/2006

*Items marked with an asterisk (\*) are required.*

\*\*To view a PDF in your browser, install/enable a PDF Reader extension/plugin.

### Form Requirement(s)

- Student Athlete Signature Required.
- Parent Signature Required.

Print / Upload Here

Student's Name

Test Student

## PIAA Pre-Participation History Form (Section 5)

**Test Student**  
Tulpehocken High School  
Grad Year: 2025 | Gender: female | Date Of Birth: 08/01/2006

*Items marked with an asterisk (\*) are required.*

\*\*To view a PDF in your browser, install/enable a PDF Reader extension/plugin.

### Form Requirement(s)

- Student Athlete Signature Required.
- Parent Signature Required.

Print / Upload Here

Print Document(s)

Print Document

\*\*If you have chosen to Upload a document, completing the web-form is not necessary.

# Once the Sports Physical is Complete:

It will need to be uploaded into Big Teams Student Central. This can be done in the following ways:

The Athletic Office will upload ALL completed physicals from the June 5<sup>th</sup> Sports Physical Event

If your athlete has their sports physical completed by their PCP or at an Urgent Care, you may:

- Scan and Upload the completed physical directly to Big Team Student Central. If using a screen shot, please make sure the entire physical is clearly visible.
- Completed Physicals may be turned into the Tulpehocken Jr/Sr Office, and we will upload it for you.
- Completed Physicals may be emailed to our Athletic Trainer, Liz Clark ([lclark@tulpehocken.org](mailto:lclark@tulpehocken.org)) and she can upload it for you.

# Baseline ImPACT Test

- As part of our Concussion Management Program, all athletes are required to take a baseline ImPACT Test (Immediate Post Concussion Assessment and Cognitive Testing) every two years prior to their 1<sup>st</sup> sport of the school year.
- ImPACT is an objective tool to support trained healthcare providers in making sound return to activity decisions following concussions.
- It is a computerized test that measures memory, attention span, visual, and verbal problem solving. This baseline test is performed to see how an athlete normally performs these tasks.
- If an athlete sustains a concussion during the season, their Physician may request that they take a post-injury exam to see if they are back to their baseline for each of the tasks. Post-injury tests will only be performed at the request of the treating physician or parent/guardian.
- [More information about the ImPACT Test is available here.](#)
- If you need to schedule a baseline test at the school, please contact our Athletic Trainer, Liz Clark ([lclark@tulpehocken.org](mailto:lclark@tulpehocken.org))

# Taking your Baseline ImPACT Test at Home

- Baseline ImPACT Tests can be completed at home on a computer with a mouse or trackpad. Tablets cannot be used.
- Baseline ImPACT Tests can also be taken at the school. Please email [lclark@tulpehocken.org](mailto:lclark@tulpehocken.org) to schedule a test time.
- Go to: <http://www.impacttestonline.com/schools>
- Enter the Customer Code: **AZYV8QSNXT**
- Select Validate
- Select Tulpehocken Area School District
- Click Launch Test
- Select your desired language and click Next.
- Follow the on-screen testing instructions.
- [Full testing instructions are available here.](#)



Please enter your Customer Code:



Please enter your Customer Code:

**St Luke Primary Care Sports Medicine**

## 2023 – 2024 Sport Start Dates and Paperwork Due Dates

	1 <sup>st</sup> Day of Practice	Required Paperwork	Paperwork Due Date
<b>Fall Sports</b>	HS – Monday August 14, 2023 Golf – Monday August 7, 2023	<ul style="list-style-type: none"> <li>All forms completed on Big Teams Student Central (formerly Planet High School)</li> <li>Sports Physical (CIPPE) must be dated: <u>on / after June 1, 2023</u>, and uploaded into Planet High School or returned to the Athletic Office.</li> </ul>	<b>Friday August 4, 2023</b>
	JH – Monday August 21, 2023 (Coaches will contact you with official start date & time.)		
<b>Winter Sports</b>	HS – Friday November 17, 2023	<ul style="list-style-type: none"> <li>All forms completed and Sports Physical (CIPPE) uploaded on Big Teams Student Central (Formerly Planet High School)</li> <li>If you played a fall sport, you must also complete the <b>PIAA Section 7 Form</b>.</li> <li>If you sustained an injury after your Sports Physical, your Physician must complete the <b>PIAA Section 8 Form</b>.</li> </ul>	<b>Friday November 10, 2023</b>
	JH – To be Determined (Coaches will contact you with official start date & time.)		
<b>Spring Sports</b>	HS – Monday March 4, 2024	<ul style="list-style-type: none"> <li>All forms completed and Sports Physical (CIPPE) uploaded on Big Teams Student Central (Formerly Planet High School)</li> <li>If you played a fall/winter sport, you must also complete the <b>PIAA Section 7 Form</b>.</li> <li>If you sustained an injury after your Sports Physical, your Physician must complete the <b>PIAA Section 8 Form</b>.</li> </ul>	<b>Monday February 26, 2024</b>
	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! \*\*\*

For questions about Big Teams Student Central and Sports Physicals, please contact:

Liz Clark – Licensed Athletic Trainer

Email – [lclark@tulpehocken.org](mailto:lclark@tulpehocken.org)

For all other Athletic related questions, please contact:

Trevor Brown – Director of Athletics, Student Activities, & Community Relations

Email – [tBrown@tulpehocken.org](mailto:tBrown@tulpehocken.org)

Phone – 610-488-6286 x 2071