



FREQUENTLY ASKED QUESTIONS ABOUT SPORTS PHYSICALS

1. Why do I need a sports physical?

All student-athletes are required by the PIAA (Pennsylvania Interscholastic Athletic Association) to have a physical examination prior to participation in any school sponsored athletic activity.

2. When and where are sports physicals?

Sports physicals are typically offered at the Lampeter-Strasburg High School on the first Saturday in June. This is the ONLY time that sports physicals will be offered at L-S for the forthcoming school year.

3. How much does an L-S sponsored sports physical cost?

\$10.

4. How long is a sports physical valid?

Physicals for the forthcoming school year must take place on or after June 1. Physicals completed before June 1 will not be accepted. A sports physical is valid from the date the doctor signs it until the following May 31.

5. Can I go to my own doctor for the sports physical?

Yes.

6. What is a CIPPE form?

CIPPE stands for Comprehensive Initial Pre-participation Physical Examination.

7. Can I use a different form?

No. The PIAA requires all student-athletes to use the CIPPE form.

8. Will I need another sports physical for a winter or spring sport?

No. Once a completed CIPPE form (sections 1-6) is on file, a second physical is not needed. However, a re-certification form will be required.

9. What is a re-certification?

Re-certification is required for all student-athletes participating in subsequent sports in the same school year, or if the initial sports physical took place earlier than 6 weeks prior to the start of the winter or spring sports season.

CIPPE Section 7 Parent/Guardian Re-certification Form

This is required for ALL athletes whose sports physical took place on or after June 1 but earlier than six weeks prior to the start of the winter or spring sports season.

CIPPE Section 8 Doctor Re-certification Form

This is ONLY required for athletes who see a healthcare provider for an injury or illness occurring after the sports physical but prior to the start of the subsequent sports season.