

# Lampeter-Strasburg School District

## Navigating Fall Sports Physicals

All PIAA Sports Physicals must be after June 1<sup>st</sup> of the prior school year

### Obtain CIPPE Form

- High School Students- Obtain Comprehensive Initial Pre-Participation Evaluation Form (CIPPE) from L-S web, athletic office, or nurse/athletic trainer.
- Middle School Students- Obtain CIPPE Form from L-S web, office, or nurse/athletic trainer.

School Physical Exam offered 1<sup>st</sup> Saturday in June unless otherwise noted

Private Physical Exam

Parent/Guardian and student complete LSSD sports injury protocol form, sections 1, 2,3,4,5 of CIPPE , and the blue Emergency Form. Student brings packet and physical fee to school physical exam.

Parent/Guardian and student complete CIPPE sections 1, 2,3,4,5, and take section 6 to Primary Care Physician for physical. Complete Pink LSSD Injury Protocol form. Complete Blue Emergency form.

Send completed packet to appropriate school office c/o school nurse/athletic trainer.

All physicals should be handed in 2 weeks prior to the start of the fall sports season for review.