CDSD Sports Pre-Participation Requirements

(Please detach this checklist and keep for your reference)

Important Notice: Beginning May 1, 2025, all CDSD and PIAA Sports Pre-Participation Paperwork must be submitted online through a **secure and private** system called Healthy Roster. Parents/Guardians of any student interested in trying out for a CDSD team must have a Healthy Roster Account.

Healthy Roster is a HIPAA compliant electronic medical records system that will be used by the CDSD Athletic Trainers to keep track of athletic paperwork, medical records, injuries, and doctor's notes. **Healthy Roster** will make it easier and faster for Parents/Guardians to complete the CDSD and PIAA pre-participation forms online and for the school to make sure all athletes are **cleared** to participate. **Healthy Roster** requires a one-time free registration for Parents/Guardians. Accounts will stay active until the student graduates. Upon graduation, the account will automatically become inactive.

CHECKLIST: CDSD Sports Pre-Participation Requirements

1. **Create a Healthy Roster Parent/Guardian Account**
   - ☐ Use "Creating a Healthy Roster Account: Parent/Guardian Instructions" Sheet
   - ☐ Complete & Submit the Healthy Roster Account Sign-Up Google Form
   - ☐ Add and/or Verify Information on your Student(s) Healthy Roster Profile
   - ☐ Download the Healthy Roster App
2. **After May 1: Use Healthy Roster Account to electronically complete these CDSD and PIAA Forms**
   - ☐ CDSD Acknowledgment of Risk, Release & Waiver of Liability, and Consent to Participate
   - ☐ CDSD Acknowledgment of School Offered Sports Physical Evaluation
   - ☐ CDSD Authorization for Release of Medical Information
   - ☐ CDSD Permission to Treat
   - ☐ PIAA Section 1: Personal & Emergency Information
   - ☐ PIAA Section 2: Certification of Parent/Guardian
   - ☐ PIAA Section 3: Understanding Risk of Concussion and Traumatic Brain Injury
   - ☐ PIAA Section 4: Understanding of Cardiac Arrest Symptoms and Warning Signs
   - ☐ PIAA Section 5: Health History
3. **Obtain Physical by an Authorized Medical Examiner on PIAA Sec 6 form dated May 1st or after**
   - ☐ PRINT: completed PIAA Section 5: Health History (complete electronically first on Healthy Roster)
   - ☐ PRINT: blank PIAA Section 6: CIPPE and certification of Authorized Medical Examiner
   - ☐ Obtain Physical by an Authorized Medical Examiner on PIAA Sec 6 form dated May 1 (or after)
   - ☐ Take completed PIAA Section 5 Health History & Blank PIAA Section 6 to Physical Appointment
   - ☐ Free Physicals at CDSD on offered dates: Bring completed PIAA Sec 5 & Blank PIAA Sec 6
   - ☐ Physical not completed at CDSD: Upload signed & completed PIAA Sec 6 to Healthy Roster
4. **If Applicable: Complete & Upload CDSD Certain Medical Conditions Medications Form**
   - ☐ Have completed form signed by Parent/Guardian
   - ☐ Have completed form signed by Physician prescribing medication(s)
   - ☐ Upload to Healthy Roster signed & completed CDSD Certain Medical Conditions Medications Form

Questions?

CDEHS, Swatara MS, or CDEMS	CDHS, Linglestown MS, or CDMS
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