



Penn-Trafford Sports Medicine

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Dear Parents,

As you may know the Pennsylvania Interscholastic Athletic Association (PIAA) changed the Pre-participation Physical Exam process and we need to handle things differently than we have in the past. The explanation and accommodations for the changes is listed below.

If a student athlete has a cleared physical and did **NOT** play a fall sport, then nothing new has to be completed. That student athlete is good to participate in a winter sport.

If a student athlete had a cleared physical exam and played a fall sport and is now going to play a winter sport they will have to see us in the Athletic Training Room or the nurses office immediately to get a **Beige Form that is Section 5**. This form then needs to be taken home and filled out by the parents and returned to us **ASAP**. If they suffered an injury or illness during the fall season or since they had their original Pre-Participation Physical Exam then they will then need to have a recertification. We have made arrangements to have two physicians at Penn Trafford High School for the **recertification only** on the morning of November 4, 2008. If you are unable to get them here on November 4, 2008 for the recertification then they will have to get **Section 6, the Red Form**, and take it with them when they see their own licensed physician. **The recertification cannot be completed until the student athlete has finished the previous season**, which means if a student athlete is on a fall team that goes deep into the playoffs and wants to play a winter sport, the time frame to complete both forms becomes smaller and in some cases might even overlap.

If the student athlete did not suffer an injury or illness during the previous season or since the original Pre Participation Physical Exam and the parents fill out the beige form and answer no to all of the questions then the beige form is all that they need to complete. If they answer yes to any of the questions then they will be given a slip of paper that will direct them to be here on the morning of 11/4/2008 for the recertification.

Please be sure to bring all documentation (releases, therapy protocols) with you to the recertification or turn into the Athletic Training Room beforehand. If you have suffered an injury and turned in the release during the fall season to the Certified Athletic Trainers we will have it on file.

If the student athlete is unable to come on the morning of 11/4/08 then they have to return to the **physician that completed the original Pre-participation Physical Exam**. The school physician has the ability to supercede all other licensed physicians, that is why we have made arrangements for them to be here on the morning of the November 4, 2008.

The schedule for the November 4, 2008 is:

Student athletes in grades 10, 11 and 12 will report to the High School Nurses office at 7:30 AM.

Student athletes in grades 7, 8 and 9 will report to the High School Nurses office at 8:15 AM.

The recertification process is not like the original physical. It is more of a re-check and will involve BP screening; possibly a vision test, orthopedic exam if needed and then the MD will complete the exam. They can expect it to last just a few minutes per student athlete.