



NEWS RELEASE

FOR IMMEDIATE RELEASE
Wednesday, October 08, 2008

REVIEW OF BLOOD PRESSURE AND RESTING PULSE RESULTS AND CLARIFICATION OF CIPPE RE-CERTIFICATION PROCESS

At its meeting of Thursday, October 2 and Friday, October 3, 2008 the PIAA Board of Directors, consistent with one of the purposes of PIAA, which is to organize, develop, and direct an interscholastic athletic program which will promote, protect, and conserve the health and physical welfare of all participants; and at the request of the PIAA Sports Medicine Advisory Committee, unanimously voted to make the following changes to the PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) Form, **effective immediately**:

- 1) Add the following language to Section 4 (PIAA Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner) and Section 6 (PIAA Comprehensive Pre-Participation Physical Re-Evaluation and Re-Certification by Authorized Medical Examiner) of the CIPPE Form:

If either the 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: <126/82, RP: <104; Age 13-15: BP: <136/86, RP <100; Age 16-25: BP: <142/92, RP <96

The purpose of this change is to emphasize the importance of a careful review of blood pressure and resting pulse results. Abnormal readings may be indicative of more serious health problems, which should be considered by the student's primary care physician.

- 2) Add the following language to Section 6 (PIAA Comprehensive Pre-Participation Physical Re-Evaluation and Re-Certification by Authorized Medical Examiner) of the CIPPE Form:

Must be completed and signed by either (1) the AME who performed the initial pre-participation physical evaluation, or (2) another AME who has reviewed the previously completed Sections 1 through 5 of this CIPPE Form. Upon completion and signature, and prior to the student's participation in a second and subsequent sport in the same school year, this Section must be turned in to the Principal, or the Principal's designee, of the student's school.

The purpose of this revision is make clear that, for a re-certification, an Authorized Medical Examiner (AME) other than the initial examining AME may conduct the re-evaluation provided that that other AME has access to, and has reviewed, the previously completed Sections of the student's CIPPE.

These revised Sections of the CIPPE Form are available on the PIAA Web site at www.piaa.org/resources/forms/default.aspx.

As PIAA member schools are nearing the beginning of the process of their student-athletes seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in **all subsequent sports seasons** in the 2008-2009 school year; it is especially important that attention be paid to the changes made to Section 6 of the CIPPE Form.

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