

## CDSO Sports Medicine Department Frequently Asked Questions

Topic		Additional Information
<b>Central Dauphin School District offered Physicals</b> <small>(Dates/Times posted on CDSO Sports Phys. Page)</small>	CDSO will offer sports physicals for each sports season at both Central Dauphin High School (CD) and Central Dauphin East High School (East).	<ul style="list-style-type: none"> <li>Physicals are \$20, cash or check made payable to CDSO.</li> <li>A CDSO Physical Packet MUST be completed by the parent and child prior to arrival (except for PIAA Section 7).</li> <li>Students who attend CD, East, DCTS, Linglestown Middle, CD Middle, Swatara Middle, East Middle, or a CDSO recognized Cyber Academy are eligible to attend either school's offered physical date.</li> <li>These physicals are valid for the entirety of the 2022-2023 school year.</li> </ul>
<b>Physical completed by Family Doctor or at a Walk-In Clinic</b>	Physicals completed by your child's family doctor or at a Walk-in can be accepted if they follow the criteria in the box to the right. >	<ul style="list-style-type: none"> <li>The physician MUST complete the physical on PIAA Section 7 form.                             <ul style="list-style-type: none"> <li>No other physical forms will be accepted.</li> </ul> </li> <li>A CDSO physical packet must be completed along with the PIAA Section 7.                             <ul style="list-style-type: none"> <li>You can find the CDSO Sports Physical Packet on CDSO Sports page.</li> </ul> </li> <li><b><u>The physical must be dated AFTER June 1, 2022.</u></b></li> <li><b>NO COPIES WILL BE ACCEPTED.</b></li> <li>This physical is valid for the entirety of the 2022-2023 school year</li> </ul>
<b>Cleared With Restrictions</b>	If this box is checked, the doctor requires a follow up appointment with a different physician, usually a specialist, to be cleared for their sport.	<ul style="list-style-type: none"> <li>Until your child is <b>cleared by an MD or DO</b> for the issue that needs addressed, they will <b>not</b> be able to participate in sports.</li> <li>We <b><u>CANNOT</u></b> accept clearance notes from PAs or CRNPs due to the PIAA requirements.</li> <li>Final clearance will be determined by the Team Physician and the ATC.</li> </ul>

# CDS D Sports Medicine Department Frequently Asked Questions

<p><b>Certain Medical Conditions Form</b></p>	<p>This form is required if your child has any of the following conditions:</p> <ul style="list-style-type: none"><li>• Asthma</li><li>• Diabetes</li><li>• Severe Allergic Reaction that Requires an EPI-PEN</li></ul>	<ul style="list-style-type: none"><li>• Paperwork for medical conditions must be turned in prior to participating in their 1st sport of the year.</li><li>• This form must be signed by the physician who prescribes the medication.</li><li>• This form must be signed by the parent.</li><li>• This form will be required if your child is diagnosed with a certain medical condition after their initial physical.</li><li>• This form is valid for 1 school year.</li></ul>
<p><b>Re-Certification Packet</b></p>	<p>For Winter and Spring athletes who have previously handed in a CDS D Physical Packet after June 1, 2022.</p> <p>This informs the sports medicine team that your child is as healthy as when a doctor cleared them for the previous sport's season.</p> <p><u>This needs to be completed <b>no earlier than 6 weeks</b> prior to the 1<sup>st</sup> day of practice.</u></p>	<ul style="list-style-type: none"><li>• <u>Please fill out Section 8 <b>OR</b> Section 9:</u></li><li>• <b>Section 8</b><ul style="list-style-type: none"><li>○ If your child did NOT sustain an orthopedic injury since his/her previous physical was completed.</li><li>○ This section only requires parent and athlete signatures; no physician signatures or visits are necessary.</li></ul></li><li>• <b>Section 9</b><ul style="list-style-type: none"><li>○ If your child has been injured since his/her previous physical and was not cleared by an MD or DO, section 9 needs to be completed by an MD or DO which informs the sports medicine team he/she is healthy to return to sports</li></ul></li><li>• The first 3 pages are CDS D forms from our team physician. You have already filled these out with the physical, but we need it again.</li></ul>

# CSDS Sports Medicine Department Frequently Asked Questions

## ImPACT Baseline Testing

ImPACT baseline testing is a digital pre-concussion screening tool that we use at CSDS.

It is a neurocognitive test used to aid in the detection and treatment of sports concussions.

- ImPACT tests are administered prior to participation in sport to create a baseline for each athlete.
- The **dates and times** for ImPACT testing for East High & CD High is posted on the CSDS Athletics site under Sport Physicals.
- The test does not go on your student athlete’s transcripts and is not graded.
- ImPACT testing is required for:
  - All incoming 9th grade athletes
  - All first-year football players/wrestlers regardless of grade
  - All Those who have **NOT** taken the test at East High
  - All first-year high school athletes regardless of grade

## I took my child to the doctor. Now what?

**We need a note** that informs us of their current status (no participation, limited participation, full participation, etc).

- Your child will not be able to participate in sports until they are cleared by an **MD or DO**.
- We **CANNOT** accept clearance notes from PAs or CRNPs due to the PIAA requirements. If a PA saw your child, ask the facility for a MD or DO to co-sign the note.
- All doctors’ notes must be turned in to the ATC prior to your child participating in sports.
- If Team Physician or ATC feel the athlete is not ready to return to participation, regardless of a DO or MD clearance, that athlete **WILL NOT** return to participation until obtaining clearance from the Team Physician or ATC

## CSDS Sports Medicine Department Frequently Asked Questions

### What is an Athletic Trainer?

Athletic Trainers are health care providers who specialize in:

- Injury prevention
- Clinical evaluation
- Emergency care
- Clinical Diagnosis
- Therapeutic modalities
- Rehabilitation
- Reconditioning

- Athletic Trainers practice under the direction of a licensed physician and are members of a health care profession recognized by the American Medical Association
- Requirements to become an Athletic Trainer
  - Must obtain, at minimum, a Master's degree in athletic training
  - Must pass a comprehensive exam to earn the ATC credential
  - Must keep their knowledge and skills current by participating in continuing education
  - Must adhere to standards of professional practice set by one national certifying agency and to a national code of ethics
  - In PA, must be licensed under the state board of medicine
- For more information visit: [www.nata.org](http://www.nata.org)

### Who is on the Sports Medicine Team at CSDS?

CSDS Provides 4 athletic trainers contracted through CPRS Physical Therapy.

- The Athletic Trainers work under the direction of Dr. Amy Zellers (CD East) and Dr. Francis Brescia (CD)
- CD East Athletic Trainers
  - Elise Galinskie, LAT, ATC – [egalinskie@cdschools.org](mailto:egalinskie@cdschools.org)
  - Victoria Gillow LAT, ATC – [vgillow@cdschools.org](mailto:vgillow@cdschools.org)
- CD Athletic Trainers
  - Jeff Crawford, MS, LAT, ATC – [jcrawford@cdschools.org](mailto:jcrawford@cdschools.org)
  - Carter Halley LAT, ATC – [challey@cdschools.org](mailto:challey@cdschools.org)