

2023 Step-by-Step Instructions for ImPACT Test and Physicals

To participate in Cross Country...

All athletes **MUST** have taken the baseline ImPACT Test while at CD. There are 2 choices:

- 1) Thursday, August 3 at CD Library, 11:00 am
- 2) Thursday, August 10 at CD Library, 11:00 am

All athletes **MUST** get a physical. There are 2 options:

- 1) Get a **Private Physical** from your physician provided it is **dated June 1 or after**, or
- 2) Get a **FREE School Physical** given on Tuesday, August 1 at CD, 2-4 ([sign-up link here](#))

Instructions for [2023 Physical Forms here](#): Parents Fill out pages 1-11:

Page 1, CDSD Physical Packet Directions, Certain Medical Conditions (requiring additional paperwork).
Page 2, Intentionally left blank
Page 3, CDSD *Authorization for Release of Medical Information*.
Page 4, CDSD *Authorization for Risk, Release and Waiver of Liability and Consent to Participate*.
Page 5, PIAA Comprehensive-Section 1: *Personal and Emergency Information*.
Page 6, PIAA Comprehensive-Section 2: *Certification of Parent/Guardian*.
Page 7, PIAA Comprehensive-Section 3: *Understanding Risk Concession/Traumatic Brain Injury*.
Page 8, PIAA Comprehensive-Section 4: *Understanding Sudden Cardiac Arrest Symptoms/Signs*.
Page 9, PIAA Comprehensive-Section 5: *Health History*,
Page 10, PIAA Comprehensive-Section 6: *Evaluation/Certification of Authorized Medical Examiner*.
Page 11, CDSD-Certain Medical Conditions Medical Form (asthma, severe allergic reaction, diabetes).

If you have questions, contact:

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