

## Digital Physical Packet Instructions

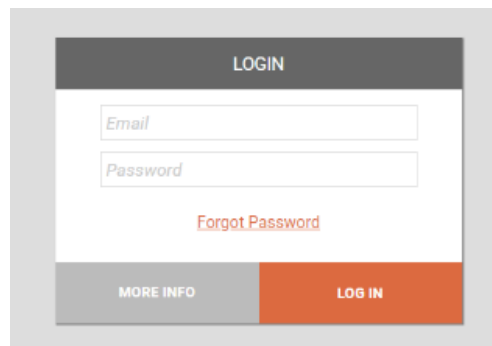
### How to fill out your child's physical on Healthy Roster

(Healthy Roster general link) <https://www.healthyroster.com/>

(Healthy Roster log-in link) <https://dashboard.healthyroster.com/Account/Login?returnUrl=%2F>

**Reminder: All portions of the physical must be completed after June 1, 2019 in order to be eligible to participate in 2019/2020 school year sports.**

1. Log into Healthy Roster

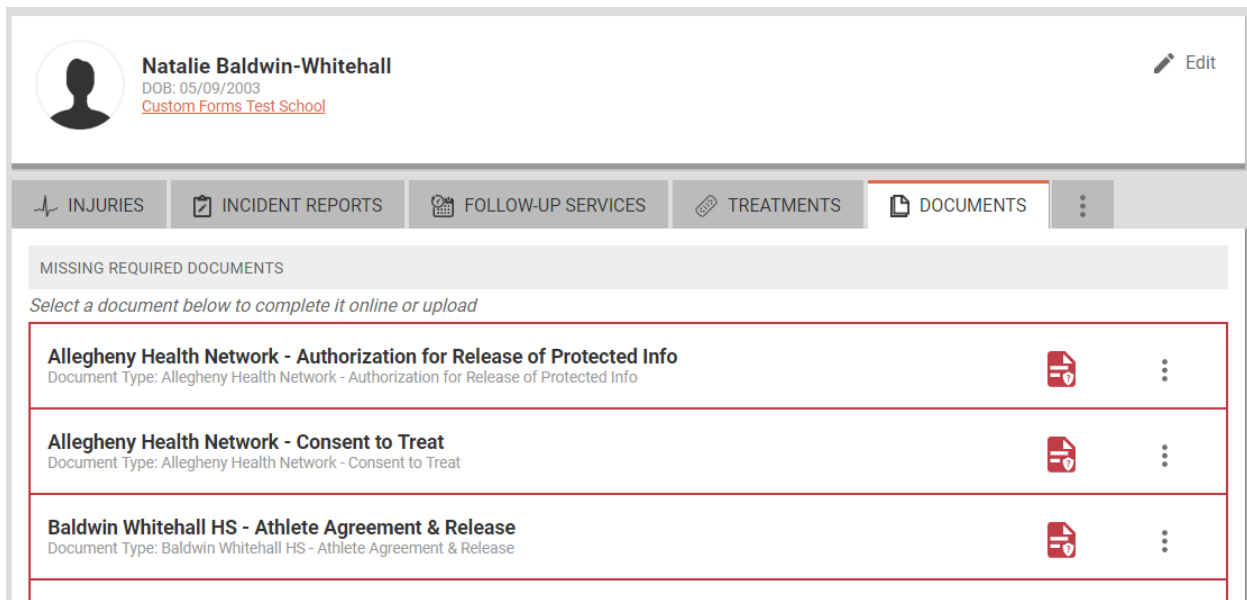


2. Select "Documents" from the tabs

add a new injury or, if the athlete has any past injuries, you can [add injury history](#).'" data-bbox="176 625 852 794"/>

3. Information you will need to fill out
  - a. All information that is located in the “Missing Required Documents” section of the Documents tab.

4. Once in the “documents” tab you will see this



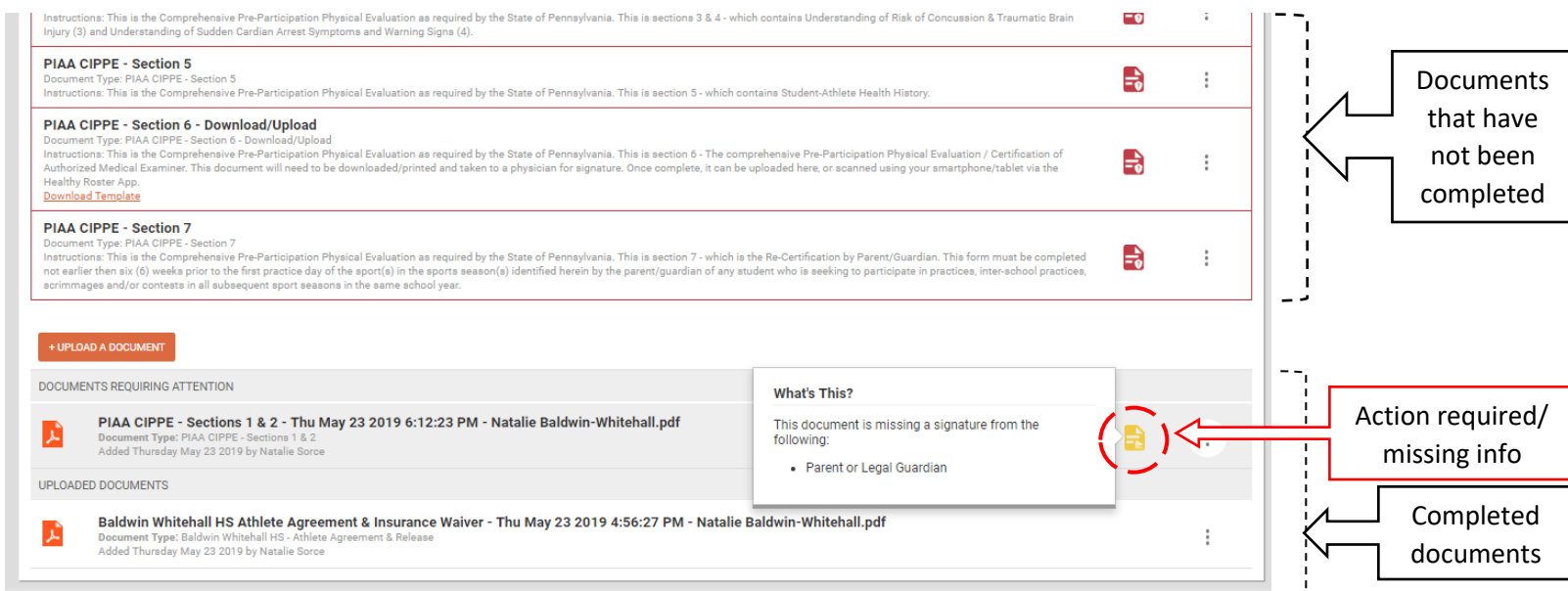
**Natalie Baldwin-Whitehall**  
DOB: 05/09/2003  
[Custom Forms Test School](#) Edit

INJURIES INCIDENT REPORTS FOLLOW-UP SERVICES TREATMENTS **DOCUMENTS**

**MISSING REQUIRED DOCUMENTS**  
Select a document below to complete it online or upload

<b>Allegheny Health Network - Authorization for Release of Protected Info</b> Document Type: Allegheny Health Network - Authorization for Release of Protected Info		
<b>Allegheny Health Network - Consent to Treat</b> Document Type: Allegheny Health Network - Consent to Treat		
<b>Baldwin Whitehall HS - Athlete Agreement &amp; Release</b> Document Type: Baldwin Whitehall HS - Athlete Agreement & Release		

5. Here you can see what documents have been completed (top of “documents” page) and those that have not been completed (bottom of “documents” page)



Instructions: This is the Comprehensive Pre-Participation Physical Evaluation as required by the State of Pennsylvania. This is sections 3 & 4 - which contains Understanding of Risk of Concussion & Traumatic Brain Injury (3) and Understanding of Sudden Cardiac Arrest Symptoms and Warning Signs (4).

<b>PIAA CIPPE - Section 5</b> Document Type: PIAA CIPPE - Section 5 Instructions: This is the Comprehensive Pre-Participation Physical Evaluation as required by the State of Pennsylvania. This is section 5 - which contains Student-Athlete Health History.		
<b>PIAA CIPPE - Section 6 - Download/Upload</b> Document Type: PIAA CIPPE - Section 6 - Download/Upload Instructions: This is the Comprehensive Pre-Participation Physical Evaluation as required by the State of Pennsylvania. This is section 6 - The comprehensive Pre-Participation Physical Evaluation / Certification of Authorized Medical Examiner. This document will need to be downloaded/printed and taken to a physician for signature. Once complete, it can be uploaded here, or scanned using your smartphone/tablet via the Healthy Roster App. <a href="#">Download Template</a>		
<b>PIAA CIPPE - Section 7</b> Document Type: PIAA CIPPE - Section 7 Instructions: This is the Comprehensive Pre-Participation Physical Evaluation as required by the State of Pennsylvania. This is section 7 - which is the Re-Certification by Parent/Guardian. This form must be completed not earlier than six (6) weeks prior to the first practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in practices, inter-school practices, scrimmages and/or contests in all subsequent sport seasons in the same school year.		

**+ UPLOAD A DOCUMENT**

**DOCUMENTS REQUIRING ATTENTION**

	<b>PIAA CIPPE - Sections 1 &amp; 2 - Thu May 23 2019 6:12:23 PM - Natalie Baldwin-Whitehall.pdf</b> Document Type: PIAA CIPPE - Sections 1 & 2 Added Thursday May 23 2019 by Natalie Sorce	
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**UPLOADED DOCUMENTS**

	<b>Baldwin Whitehall HS Athlete Agreement &amp; Insurance Waiver - Thu May 23 2019 4:56:27 PM - Natalie Baldwin-Whitehall.pdf</b> Document Type: Baldwin Whitehall HS - Athlete Agreement & Release Added Thursday May 23 2019 by Natalie Sorce	
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**What's This?**  
This document is missing a signature from the following:  

- Parent or Legal Guardian

**Documents that have not been completed**

**Action required/missing info**


**Completed documents**

6. If you make a mistake and must edit the page you will have to delete the one you already created and start over. Though there is an “edit” button it doesn’t allow you to actually edit information because once a document is in the “completed documents” section, it has already been converted into a PDF.


the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in practices, inter-school practices, scrimmages and/or contests in all subsequent sport seasons in the same school year.

[+ UPLOAD A DOCUMENT](#)

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**Baldwin-Whitehall.pdf**  
Document Type: Baldwin Whitehall HS - Athlete Agreement & Release  
Added Thursday May 23 2019 by Natalie Sorce

- Sign Document
- Request Signature
- Delete**
- Edit
- View Details
- Download

7. When providing electronic signatures, please sign as “parent” first.

CONSENT TO SIGN ✕

YOUR NAME

WHO ARE YOU SIGNING AS?

SIGNATURE APPEARANCE

By clicking or selecting "I Agree" below you are agreeing to sign this document electronically. You are agreeing that your electronic signature is the same as your handwritten signature for the purpose of validity, enforceability and admissibility.

8. You will then be prompted to sign the document by clicking the orange “sign here” arrow

Parent's/Guardian's Signature Natalie Sorce Date 05/23/2019

**B. Understanding of eligibility rules:** I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at [www.piaa.org](http://www.piaa.org), include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

**C. Disclosure of records and liability:** To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address

9. Enter your child’s email for student signatures

REQUEST SIGNATURE ✕

SIGNER EMAIL

SIGNER NAME

SIGNER ROLE

**Signature Requested** ✕

✓ Signature Request has been sent. You will be notified when Natalie's Child signs the document.

10. The email your child will receive to sign the documents will look like the left-most image below. Select “view document” and follow subsequent steps to have your child sign the documents

**YOU HAVE A NEW SIGNATURE REQUEST**

Hello Natalie's Child,

Natalie Sorce has requested that you sign a document via Healthy Roster. Click below to view and sign the document.

Enter the below authorization code when prompted:

**1486**

VIEW DOCUMENT

Thanks,  
Natalie Sorce and The Healthy Roster Team

COMPLETE SIGNATURE REQUEST

To view the document please enter the 4-digit authorization code included in the email you received:

CONSENT TO SIGN ✕

YOUR NAME

SIGNATURE APPEARANCE

By clicking or selecting "I Agree" below you are agreeing to sign this document electronically. You are agreeing that your electronic signature is the same as your handwritten signature for the purpose of validity, enforceability and admissability.