# PRE-PARTICIPATION PHYSICAL EVALUATION INSTRUCTIONS

S1	TUDENTS/PARENTS
	1.  Complete the History Form (pages 1 & 2) portion PRIOR to your appointment with your healthcare provider.
	2. Sign the bottom of the History Form (page 2).
	3. Complete the Shared Emergency Information section on the Medical Eligibility Form (page 4).
	4.  Sign the bottom of the Medical Eligibility Form (page 4) AFTER the pre-participation evaluation is complete and PRIOR to turning in the completed PPE to the school.
	5. Review the Student Eligibility Checklist (page 5) AND SIGN the bottom of the page PRIOR to turning in the completed PPI to the school.
	6. Review and sign the Concussion and Head Injury Release Form provided by the school.
Н	EALTHCARE PROVIDERS
	1. Review the History Form (pages 1 & 2) with the student and his/her parent/guardian as part of the pre-participation physical evaluation.
	2. Complete the Physical Examination Form (page 3) AND SIGN the bottom of page 3.
	3. Complete the Medical Eligibility Form (page 4) AND SIGN page 4.
	NOTE: Two signatures are required by the healthcare provider!
	The PPE form becomes part of the student's record at their school and should not be sent to the KSHSAA.
S	CHOOL ADMINISTRATORS AND SCHOOL MEDICAL PERSONNEL
	1. Collect the completed PPE forms with the appropriate signatures on pages 2 – 5. ONLY personnel with a medical of educational need to review this information should have access to the PPE form. Forms should be kept secure and confidential at all times. The PPE should NOT be collected by coaches at practice.

- 2. Based on your school's policy, determine which medical personnel or administrative staff are responsible to review and disseminate the student's medical information provided on the form. [Ensure Health Insurance Portability and Accountability Act (HIPAA) and Family Educational Rights and Privacy Act (FERPA) compliance]\*
- 3. Provide copies of the Medical Eligibility Form to appropriate staff with supervisory responsibility of extracurricular activities (coaches, sponsors, etc.).
- 4. Collect the required Concussion and Head Injury Release Form signed by the student and parent/guardian.
- \* Schools should have policies in place identifying who has access to a student's complete private health information found on the PPE form. The Medical Eligibility Form can be used independently to share with staff who may not need complete access to the private health information found on the PPE.

The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable. The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.





### Kansas State High School Activities Association



# PRE-PARTICIPATION PHYSICAL EVALUATION

PPE is required annually and shall not be taken earlier than May 1 preceding the school year for which it is applicable.

**HISTORY FORM** (Pages 1 & 2 should be filled out by the student and **parent/guardian** prior to the physical examination)

Home Address Personal physician Parent Email *In cases of disorder of sexual development (DSD), designation of sex at birth may be delayed for a period of time until medical providers and family can make the appropriate	Name			*Sex at Birth		Age	Date of birt	:h	
Personal physician  Parent Email  In cases of disorder of sexual development (DSD), designation of sex at birth may be delayed for a period of time until medical providers and family can make the appropriate determination.  List past and current medical conditions:  Have you ever had surgeny? If yes, list all past surgical procedures:  Medicinos and Alforgies:  Peesse list all of the prescription and over the counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking.  No you have any allergies?  Peesse list all of the prescription and over the counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking.  No you have any allergies?  Peesse list all of the prescription and over the counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking.  No you have any allergies?  Peesse list all of the prescription and over the counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking.  No you have any allergies?  Peesse list all of the prescription and over the counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking.  No you have any allergies?  Yes  No  Septialn "Yes" answers at the end of this form. Circle questions if you don't know the answer.  Septialn "Yes" answers at the end of this form. Circle questions if you don't know the answer.  Septialn "Yes" answers at the end of this form. Circle questions if you don't know the answer.  Septialn "Yes" answers at the end of this form. Circle questions if you there were control or restricted your participation in sports for any reason?  1. Opey up have any congoing modicalisaces or recent litesory  2. Has any participation and your provided?  1. Has any participation and your participation in sports for any reason?  2. No eye up were passed out or nearly passed out during or after exercise?  2. No eye our hard ever race, future of your family beast (register) beast (reg	Grade	School				Sport(s)			
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20. Do you have a bone, muscle, ligament, or joint injury that bothers you?	<b></b>				w	cs or other assistiv	e device?		
					e. aserea, cosq or drote				
Dwarfism)?	21. Do you h	nave any history of	<del></del>	<del>*</del>	congenital genetic conditio	ns (e.g., Downs Syr	ndrome or		

#### PRIVATE HEALTH INFORMATION - KEEP CONFIDENTIAL

### KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

MEDICAL QUESTIONS:	YES	NO		
22. Do you cough, wheeze, or have difficulty breathing during or after exercise?				
23. Have you ever used an inhaler or taken asthma medicine?	1 =			
24. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organs?				
25. Do you have groin or testicle pain, a bump, a painful bulge or hernia in the groin area?				
26. Have you had infectious mononucleosis (mono)?				
27. Do you have any recurring skin rashes or skin infection that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?				
28. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?	1 1			
If yes, how many?		1		
What is the longest time it took for full recovery?				
When were you last released?	A			
29. Do you have headaches with exercise?				
30. Have you ever had numbness, tingling, weakness in your arms (including stingers/burners) or legs, or been unable to move your arms or legs after being hit or falling?				
31. Have you ever become ill while exercising in the heat?				
32. Do you get frequent muscle cramps when exercising?				
33. Do you or does someone in your family have sickle cell trait or disease?				
34. Have you ever had or do you have any problems with your eyes or vision?				
35. Do you wear protective eyewear, such as goggles or a face shield?				
36. Do you worry about your weight?				
37. Are you trying to or has anyone recommended that you gain or lose weight?				
38. Are you on a special diet or do you avoid certain types of foods or food groups?				
39. Have you ever had an eating disorder?				
40. How do you currently identify your gender?				
41. Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box)  NOT AT ALL SEVERAL DAYS	OVER HALF THE DAYS	NEARLY EVERY DAY		
Feeling nervous, anxious, or on edge 0 1 1	2 🔲	3 🔲		
Not being able to stop or control worrying 0 1 1	2 🔲	3 🔲		
Little interest or pleasure in doing things 0 1 1	2 🔲	3 🔲		
Feeling down, depressed, or hopeless	2 🔲	3 🔲		
(A sum of 3 or more is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes) Patient Health Questionnaire Version 4 (PHQ-4)				
FEMALES ONLY:	YES	NO		
42. Have you ever had a menstrual period?				
43. If yes, are you experiencing any problems or changes with athletic participation (i.e., irregularity, pain, etc.)?				
44. How old were you when you had your first menstrual period?				
45. When was your most recent menstrual period?				
46. How many menstrual periods have you had in the past 12 months?				
Explain all Yes answers here				

Explain all Yes answers here from the previous two pages.

Signature of student-athlete \_\_\_

By signing below, I certify that all information provided on pages 1-2 is accurate and true. I understand that any false or misleading information provided as part of this exam could result in disqualification from activity participation for my child and my child's teams.

Signature of parent/guardian \_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_



\_\_\_\_\_ Date \_\_\_

#### KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

#### PHYSICAL EXAMINATION FORM

Name	11 10000		Date of birth		
Date of recent immunizations: Td	Tdap Hep B	Varicella	нру	Meningococcai	
PHYSICIAN REMINDERS Consider additional questions on more sensitive issues Do you feel stressed out or under a lot of pressure? Do you ever feel sad, hopeless, depressed, or anxious? Have you ever teel safe at your home or residence? Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip? During the past 30 days, did you use chewing tobacco, snuff, or dip? Consider reviewing questions on cardiovascular symptoms (questions 5-14 of History Form). Per Kansas statute, any school athlete who has sustained a concussion shall not return to competition or practice until the athlete is evaluated by a healthcare provider and the healthcare provider (MD or DO only) provides such athlete a written clearance to return to play or practice. Per Kansas Statute, students indicated as biological male at birth may not participate on girls teams.					
EXAMINATION					
Height Weight Male ☐ Female ☐ BP	reference gender/height/oge chai	rt)**** /	( /	) Pulse	
Vision R 20/ L 20/ Corrected: Yes ☐ No	o 🗌				
MEDICAL			NORMAL	ABNORMAL FINDINGS	
Appearance - Marfan stigmata (kyphoscoliosis, high-arched pala myopia, mitraí valve prolapse [MVP], and aortic in	ate, pectus excavatum, arachnoc asufficiency)	dactyly, hyperlaxity,			
Eyes/ears/nose/throat - Pupils equal, Gross Hearing					
Lymph nodes	***************************************			· · · · · · · · · · · · · · · · · · ·	
Heart * - Murmurs (auscultation standing, auscultation sup	oine, and ± Valsalva maneuver)	1			
Pulses - Simultaneous femoral and radial pulses					
Lungs					
Abdomen					
Skin  - Herpes simplex virus (HSV), lesions suggestive of or tinea corporis	methicillin-resistant <i>Staphylococ</i> c	cus aureus (MRSA),	- Apple of the second of the s		
Neurological***					
Genitourinary (optional-males only)**				1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
MUSCULOSKELETAL			NORMAL	ABNORMAL FINDINGS	
Neck		[ '			
Back					
Shoulder/arm					
Elbow/forearm					
Wrist/hand/fingers					
Hip/thigh					
Knee					
Leg/ankle					
Foot/toes					
Functional - e.g. double-leg squat test, single-leg squat test, ar	nd box drop or step drop test				
*Consider electrocardiography (ECG), echocardiography, referral to propriate medical setting. Having third party present is recommer Kaelber DC, Baker-Smith CM, et al. Clinical Practice Guldeline for Sc	nded. ***Consider cognitive evaluat	tion or baseline neuronsych	datric testing if a signi:	ficant history of concussion. ****Fivon IT.	
acknowledge I have reviewed the preceding patient history	ory pages and have performed	the above physical exa	mination on the stu	ident named on this form.	
Name of healthcare provider (print/type)			Da	ate	
Signature of healthcare provider				, MĐ, DO, DC, PA-C, APRN	
Addrace			Dhono	(please circie one)	

Healthcare Providers: You must complete the Medical Eligibility Form on the following page

Kansas State High School Activities Association, 601 SW Commerce Place | PO Box 495 | Topeka, KS 66601 | 785-273-5329

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## KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION MEDICAL ELIGIBILITY FORM \_\_ Date of birth \_\_\_ Name Medically eligible for all sports without restriction Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of Medically eligible for certain sports Not medically eligible pending further evaluation Not medically eligible for any sports Recommendations: I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form, except as indicated above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians). Name of healthcare provider (print or type); Signature of healthcare provider: \_\_\_\_ , MD, DO, DC, or PA-C, APRN Address: Phone: SHARED EMERGENCY INFORMATION Allergies: Medications: Other information: **Parent or Guardian Consent** To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (See KSHSAA Handbook, Rule 7). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading. I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the HISTORY part of the Preparticipation Physical Examination (PPE), are true and accurate. I understand that any false or misleading information provided as part of this exam could result in disqualification from activity participation for my child and my child's teams. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer (whether employee or independent contractor of the school), school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records. Lacknowledge that there are risks of participating, including the possibility of catastrophic injury. Thereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

| Signature of parent/guardian \_\_\_\_\_\_ Date \_\_\_\_\_\_
| Parent/guardian phone: \_\_\_\_\_\_

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.

Kansas State High School Activities Association, 601 SW Commerce Place | PO Box 495 | Topeka, KS 66601 | 785-273-5329

	Student's Name	(PLEASE PRINT CLEARLY)	
NOTE: Tran	sfer Rule 18 states in part, a student is eligible transfer-wise if:		
BEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at ar choose to attend. In addition, age and academic eligibility requirements must also be met.			
senior high sc junior high sci	INTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year hool, a student who has successfully completed the eighth grade of a two-year junior high/n nool at the beginning of the school year and be eligible immediately under the Transfer Rule. high school of their school system. Should they attend a different school as a tenth grader, I	niddle school, may transfer to the ninth grade of a three-year Such a ninth grader must then, as a tenth grader, attend the	
ENTERING HIC when senior h	SH SCHOOL FOR THE FIRST TIME—A senior high school student is eligible under the Transfer I igh is entered for the first time at the beginning of the school year. In addition, age and acad	Rule at any senior high school he or she may choose to attend demic eligibility requirements must also be met.	
For Midd	e/Junior High and Senior High School Students to Retain Elig	ribility	
Schools may	have stricter rules than those pertaining to the questions above or listed below. Contact ticipate in interscholastic activities must be certified by the school principal as meeting all eli	the principal or coach on any matter of eligibility. A student	
All KSHSAA ru	les and regulations are published in the official KSHSAA Handbook which is distributed annua	illy to schools and is available at www.kshsaa.org.	
Below Are Bri	ef Summaries Of Selected Rules. Please See Your Principal For Complete Information.		
Rule 7	<b>Physical Evaluation - Parental Consent</b> —Students shall have passed the <b>attached evaluation</b> .	ation and have the written consent of their parents or lega	
Rule 14	Bona Fide Student—Eligible students shall be a bona fide undergraduate member of his	s/her school in good standing.	
Rule 15	<b>Enrollment/Attendance</b> —Students must be regularly <b>enrolled and in attendance</b> not latthey participate.	ter than Monday of the fourth week of the semester in which	
Rule 16	<b>Semester Requirements</b> —A student shall not have more than two semesters of possible student shall not have more than eight consecutive semesters of possible eligibility in grade is included in junior high or in a senior high school.	es nine through twelve, regardless of whether the ninth grade	
Rule 17	NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during the Age Requirements—Students are eligible if they are not 19 years of age (16, 15 or 14 for the school year in which they compete.	•	
Rule 19	Undue Influence—The use of undue influence by any person to secure or retain a stude shall meet the requirements of the KSHSAA.	ent shall cause ineligibility. If tuition is charged or reduced, it	
Rules 20/21	<b>Amateur and Awards Rules</b> —Students are eligible if they have not <b>competed under a fal</b> have observed all other provisions of the Amateur and Awards Rules.	se name or for money or merchandise of intrinsic value, and	
Rule 22	<b>Outside Competition</b> —Students may not engage in <b>outside competition</b> in the same spor NOTE: Consult the coach, athletic director or principal before participating individually or on a toby an outside organization.	t during a season in which they are representing their school. Leam in any game, training session, contest, or tryout conducted	
Rule 25	Anti-Fraternity—Students are eligible if they are not members of any fraternity or other	• • •	
Rule 26	<b>Anti-Tryout and Private Instruction</b> —Students are eligible if they have not participated in tagencies or organizations in the same sport while a member of a school athletic team.		
Rule 30	<b>Seasons of Sport</b> —Students are not eligible for more than <b>four seasons</b> in one sport in a foor two seasons in a two-year high school.	ur-year high school, three seasons in a three-year high school	
For Mid	dle/Junior High and Senior High School Students to Determin	ne Eligibility When Enrolling	
done before the KSHSAA	e response is given to any of the following questions, this enrollee should contact his/her ada the student is allowed to attend his/her first class and prior to the first activity practice. If que for a final determination of eligibility. (Schools shall process a Certificate of Transfer Form T-E o	stions still exist, the school administrator should telephone	
YES A	Are you a bona fide student in <b>good standing</b> in school? (If there is a question, your princi	pal will make that determination.)	
². │	Did you pass at least five new subjects (those not previously passed) last semester to pass at least five subjects of unit weight in your last semester of attendance.)	•	
з. 🔲 🛭	Are you planning to <b>enroll in at least five new subjects (those not previously passed)</b> of (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five new subjects (those not previously passed) of (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five new subjects (those not previously passed) of (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five new subjects (those not previously passed) of (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five new subjects (those not previously passed) of (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five new subjects (those not previously passed) of (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five new subjects).		
4. 🗀 r	Did you attend this school or a feeder school in your district last semester? (If the answer	. , , , , , , , , , , , , , , , , , , ,	
	a. Do you reside with your parents?	•	
	b. If you reside with your parents, have they made a permanent and bona fide move in	nto your school's attendance center?	
authorizes the eligibility. The	imed student and I have read the KSHSAA Eligibility Checklist and how to retain eligibles school to release to the KSHSAA student records and other pertinent documents as student/parent also authorizes the school and the KSHSAA to publish the name and pillar activities, school events and KSHSAA activities or events.	and information for the purpose of determining student	

Signature of parent/guardian			Date
Signature of student	Birth Date	Grade	Date

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.