

**PRE-PARTICIPATION PHYSICAL**

**EVALUATION FORM (PPE)**

The IHSAA Pre-participation Physical Evaluation (PPE) is the fi rst and most important step in providing for the well-being of Indiana’s high school athletes. The form is designed to identify risk factors prior to athletic participation by way of a thorough medical history and physical ex amination. The IHSAA, under the guidance of the Indiana State Medical Association’s Commit

tee on Sports Medicine, requires that the PPE Form be signed by a physician (MD or DO), nurse practitioner or physician’s assistant holding a license to practice in the State of Indiana. In order to assure that these rigorous standards are met, both organizations endorse the following require ments for completion of the PPE Form:

1. The most current version of the IHSAA PPE Form must be used and may not be altered or modified in any manner.

2. The PPE Form must be signed by a physician (MD or DO), nurse practitioner or physician’s assistant only after the medical history is reviewed, the examination performed, and the PPE Form completed in its entirety. No pre-signed or pre-stamped forms will be accepted.

3. **SIGNATURES**

❑ The signature must be hand-written. No signature stamps will be accepted. ❑ The signature and license number must be affixed on page three (3).

❑ The parent signatures must be affixed to the form on pages two (2) and five (5). ❑ The student-athlete signature must be affixed to pages two (2) and five (5).

Your cooperation will help ensure the best medical screening for Indiana’s high school athletes.

Cover

**PREPARTICIPATION PHYSICAL** 

**HISTORY FORM**

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: Date of birth:

Date of examination: Sport(s):

Sex assigned at birth (F, M, or intersex): How do you identify your gender? (F, M, or other): List past and current medical conditions.

Have you ever had surgery? It yes, list all past surgical procedures.

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).

Do you have any allergies? If yes, please list all your allergies (ie. Medicines, pollens, food, stinging insects).

Are your required vaccinations current?

Patient Health Questionnaire Version 4 (PHQ-4)

Overall, during the last 2 weeks, how often have you been bothered by any of the following problems? (Circle Response.) Not at all Several Days Over half the days Nearly every day

Feeling nervous, anxious, or on edge 0 1 2 3 Not being able to stop or control worrying 0 1 2 3 Little interest or pleasure in doing things 0 1 2 3 Feeling down, depressed, or hopeless 0 1 2 3

(A sum of ≥ 3 is considered positive on neither subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

|  |  |  |
| --- | --- | --- |
| GENERAL QUESTIONS  (Explain “Yes” answers at the end of this form. Circle questions if you don ’t know the answer.) | Yes | No |
| 1. Do you have any concerns that you would like to discuss with your provider? |  |  |
| 2. Has a provider ever denied or restricted your par ticipation in sports for any reason? |  |  |
| 3. Do you have any ongoing medical issues or recent illness? |  |  |
| HEART HEALTH QUESTIONS ABOUT YOU | Yes | No |
| 4. Have you ever passed out or nearly passed out during or after exercise? |  |  |
| 5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? |  |  |
| 6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? |  |  |
| 7. Has a doctor ever told you that you have any heart problems? |  |  |
| 8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG)  or echocardiography. |  |  |

|  |  |  |
| --- | --- | --- |
| HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED) | Yes | No |
| 9. Do you get light-headed or feel shorter of breath than your friends during exercise? |  |  |
| 10. Have you ever had a seizure? |  |  |
| HEART HEALTH QUESTIONS ABOUT YOUR FAMILY | Yes | No |
| 11. Has any family member or relative died of heart problems or had an unexpected or unex plained sudden death before age 35 years (including drowning or unexplained car crash)? |  |  |
| 12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Bru gada syndrome, or catecholaminergic poly-morphic ventricular tachycardia (CPVT)? |  |  |
| 13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? |  |  |

(1 of 5)

|  |  |  |
| --- | --- | --- |
| BONE AND JOINT QUESTIONS | Yes | No |
| 14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? |  |  |
| 15. Do you have a bone, muscle, ligament, or joint injury that bothers you? |  |  |
| MEDICAL QUESTIONS | Yes | No |
| 16. Do you cough, wheeze, or have difficulty breathing during or after exercise? |  |  |
| 17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? |  |  |
| 18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? |  |  |
| 19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin resistant Staphylococcus aureus (MRSA)? |  |  |
| 20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems? |  |  |
| 21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling? |  |  |
| 22. Have you ever become ill while exercising in the heat? |  |  |
| 23. Do you or does someone in your family have sickle cell trait or disease? |  |  |
| 24. Have you ever had or do you have any problems with your eyes or vision? |  |  |

|  |  |  |
| --- | --- | --- |
| MEDICAL QUESTIONS (CONTINUED) | Yes | No |
| 25. Do you worry about your weight? |  |  |
| 26. Are you trying to or has anyone recom mended that you gain or lose weight? |  |  |
| 27. Are you on a special diet or do you avoid certain types of food and food groups? |  |  |
| 28. Have you ever had an eating disorder |  |  |
| FEMALES ONLY | Yes | No |
| 29. Have you ever had a menstrual period? |  |  |
| 30. How old were you when you had your first menstrual period? |  |  |
| 31. When was your most recent menstrual period? |  |  |
| 32. How many periods have you had in the past 12 months? |  |  |

**Explain “Yes” answers here.**

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete:

Signature of parent or guardian:

Date:

© 2019 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgement.



(2 of 5)

PHYSICAL EXAMINATION

(Physical examination must be performed on or after April 1 by a health care professional holding an unlimited license to practice medicine, a nurse practitioner or a physician assistant to be valid for the following school year.) Rule 3-10

Name Date of Birth IHSAA Member School

PHYSICIAN REMINDERS

1. 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?

• Do you feel safe at your home or residence?

• Have you ever tried cigarettes, chewing tobacco, snuff, or dip?

• During the last 30 days, did you use chewing tobacco, snuff, or dip?

• Do you drink alcohol or use any other drugs?

• Have you ever taken anabolic steroids or use any other appearance/performance supplement?

• Have you ever taken any supplements to help you gain or lose weight or improve your performance?

• Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EXAMINATION** | | | | | | | | |
| Height Weight Male Female | | | | | | | | |
| BP / ( / ) Pulse Vision R 20/ L 20/ Corrected? Y N | | | | | | | | |
| **MEDICAL** | | | | | **NORMAL** | | **ABNORMAL FINDINGS** | |
| Appearance | | | | |  | |  | |
| • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insuffiency | | | | |  | |  | |
| Eyes/ears/nose/throat | | | | |  | |  | |
| • Pupils equal | | | | |  | |  | |
| • Hearing | | | | |  | |  | |
| Lymphnodes | | | | |  | |  | |
| Heart | | | | |  | |  | |
| • Murmurs (auscultation standing, supine, +/- Valsalva) | | | | |  | |  | |
| • Location of point of maximal impuluse (PMI) | | | | |  | |  | |
| Pulses | | | | |  | |  | |
| • Simulaneous femoral and radial pulses | | | | |  | |  | |
| Lungs | | | | |  | |  | |
| Abdomen | | | | |  | |  | |
| Genitouriany (males only) | | | | |  | |  | |
| Skin | | | | |  | |  | |
| • MSV, lesions suggestive of MRSA, tinea corporis | | | | |  | |  | |
| Neurologic | | | | |  | |  | |
| **MUSCULOSKELETAL** | | | | | | | | |
|  | **NORMAL** | **ABNORMAL FINDINGS** |  |  | | **NORMAL** | | **ABNORMAL FINDINGS** |
| Neck |  |  |  | Knee | |  | |  |
| Back |  |  |  | Leg/ankle | |  | |  |
| Shoulder/arm |  |  |  | Foot/toes | |  | |  |
| Elbow/forearm |  |  |  | Functional | |  | |  |
| Wrist/hand/fingers |  |  |  | • Duck-walk, single leg hop | |  | |  |
| Hip/thigh |  |  |  |
|  |  |  |  |  |  |

Cleared for all sports without restriction Cleared for all sports without restriction with recommendations for further evaluation or treatment for\_\_\_\_\_\_\_\_\_\_\_\_\_ **Not cleared** Pending further evaluation For any sports

Reason

Recommendations

**I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindica tions to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).**

Name of Health Care Professional (print/type) Date Address Phone License # Signature of Health Care Professional , MD, DO, PA, or NP (Circle one)

(3 of 5)

■ Preparticipation Physical Evaluation 

**IHSAA ELIGIBILITY RULES**

**INDIVIDUAL ELIGIBILITY RULES (Grades 9 through 12)**

**ATTENTION ATHLETE: Your school is a member of the IHSAA and follows established rules. To be eligible to represent your school in interschool athleƟ cs, you:**

1. must be a regular bona fi de student in good standing in the school you represent; must have enrolled not later

than the fiŌ eenth day of the current semester.

2. must have completed 10 separate days of organized pracƟ ce in said sport under the direct supervision of the

high school coaching staff preceding date of parƟ cipaƟ on in interschool contests. (Excluding Girls Golf – SeeRule 101) 3. must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence.

4. must not have reached your twenƟ eth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport. 5. must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students . . .

. . . unless you are entering the ninth grade for the fi rst Ɵ me.

. . . unless you are transferring from a school district or territory with a corresponding bona fi de move on the part of your parents.

. . . unless you are a ward of a court; you are an orphan, you reside with a parent, your former school closed, your former school is not accredited by the state accrediƟ ng agency in the state where the school is located, your transfer was

pursuant to school board mandate, you aƩ ended in error a wrong school, you transferred from a correcƟ onal school, you are emancipated, you are a foreign exchange student under an approved CSIET program. You must have been eligible from the school from which you transferred.

6. must not have been enrolled in more than eight consecuƟ ve semesters beginning with grade 9.

7. must be an amateur (have not parƟ cipated under an assumed name, have not accepted money or merchandise directly or indirectly for athleƟ c parƟ cipaƟ on, have not accepted awards, giŌ s, or honors from colleges or their alumni, have not signed a professional contract).

8. must have had a physical examinaƟ on between April 1 and your fi rst pracƟ ce and fi led with your principal your completed Consent and Release CerƟfi cate.

9. must not have transferred from one school to another for athleƟ c reasons as a result of undue infl uence or persuasion by any person or group.

10. must not have received in recogniƟ on of your athleƟ c ability, any award not approved by your principal or the IHSAA. 11. must not accept awards in the form of merchandise, meals, cash, etc.

12. must not parƟ cipate in an athleƟ c contest during the IHSAA authorized contest season for that sport as an individual or on any team other than your school team. (See Rule 15-1a) (ExcepƟ on for outstanding student-athlete – See Rule 15-1b) 13. must not reflect discredit upon your school nor create a disrupƟ ve infl uence on the discipline, good order, moral or educaƟ onal environment in your school.

14. students with remaining eligibility must not parƟ cipate in tryouts or demonstraƟ ons of athleƟ c ability in that sport as a prospecƟ ve post-secondary school student-athlete. Graduates should refer to college rules and regulaƟ ons before

parƟ cipaƟ ng.

15. must not parƟ cipate with a student enrolled below grade 9.

16. must not, while on a grade 9 junior high team, parƟ cipate with or against a student enrolled in grade 11 or 12.

17. must, if absent fi ve or more days due to illness or injury, present to your principal a wriƩ en verifi caƟ on from a physician licensed to pracƟ ce medicine, staƟ ng you may parƟ cipate again. (See Rule 3-11 and 9-14.)

18. must not parƟ cipate in camps, clinics or schools during the IHSAA authorized contest season. Consult your high school principal for regulaƟ ons regarding out-of-season and summer.

19. girls shall not be permiƩ ed to parƟ cipate in an IHSAA tournament program for boys where there is an IHSAA tournament program for girls in that sport in which they can qualify as a girls tournament entrant.

***This is only a brief summary of the eligibility rules.***

***You may access the IHSAA Eligibility Rules (By-Laws) at www.ihsaa.org***

***Please contact your school offi cials for further informaƟ on and before parƟ cipaƟ ng outside your school.***

*(Consent & Release CerƟfi cate - on back or next page)*

(4 of 5)

■ Preparticipation Physical Evaluation 

**CONSENT & RELEASE CERTIFICATE**

**I. STUDENT ACKNOWLEDGMENT AND RELEASE CERTIFICATE**

**A.** I have read the IHSAA Eligibility Rules (*next page or on back*) and know of no reason why I am not eligible to represent my school in athleƟ c com peƟƟ on.

**B.** If accepted as a representaƟ ve, I agree to follow the rules and abide by the decisions of my school and the IHSAA. **C.** I know that athleƟ c parƟ cipaƟ on is a privilege. I know of the risks involved in athleƟ c parƟ cipaƟ on, understand that serious injury, and even death, is possible in such parƟ cipaƟ on, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and wel fare while parƟ cipaƟ ng in athleƟ cs, with full understanding of the risks involved, and agree to release and hold harmless my school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulƟ ng from such athleƟ c parƟ cipaƟ on and agree to take no legal acƟ on against my school, the schools involved or the IHSAA because of any accident or mishap involving my athleƟ c parƟ cipaƟ on.

**D.** I consent to the exclusive jurisdicƟ on and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me, including but not limited to any claims or disputes involving injury, eligibility or rule violaƟ on.

**E.** I give the IHSAA and its assigns, licensees and legal representaƟ ves the irrevocable right to use my picture or image and any sound recording of me, in all forms and media and in all manners, for any lawful purposes.

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION. (to be signed by student)**

(X)

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Printed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**II. PARENT/GUARDIAN/EMANCIPATED STUDENT CONSENT, ACKNOWLEDGMENT AND RELEASE CERTIFICATE**

**A.** Undersigned, a parent of a student, a guardian of a student or an emancipated student, hereby gives consent for the student to parƟ cipate in the following interschool sports ***not marked out:***

**Boys Sports:** Baseball, Basketball, Cross Country, Football, Golf, Soccer, Swimming, Tennis, Track, Wrestling.

**Girls Sports:** Basketball, Cross Country, Golf, GymnasƟ cs, Soccer, SoŌ ball, Swimming, Tennis, Track, Volleyball.

**B.** Undersigned understands that parƟ cipaƟ on may necessitate an early dismissal from classes.

**C.** Undersigned consents to the disclosure, by the student’s school, to the IHSAA of all requested, detailed fi nancial (athleƟ c or otherwise), scholas Ɵ c and aƩ endance records of such school concerning the student.

**D.** Undersigned knows of and acknowledges that the student knows of the risks involved in athleƟ c parƟ cipaƟ on, understands that serious injury, and even death, is possible in such parƟ cipaƟ on and chooses to accept any and all responsibility for the student’s safety and welfare while par Ɵ cipaƟ ng in athleƟ cs. With full understanding of the risks involved, undersigned releases and holds harmless the student’s school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim

resulƟ ng from such athleƟ c parƟ cipaƟ on and agrees to take no legal acƟ on against the IHSAA or the schools involved because of any accident or mishap involving the student’s athleƟ c parƟ cipaƟ on.

**E.** Undersigned consents to the exclusive jurisdicƟ on and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me or the student, including but not limited to any claims or disputes involving injury, eligibility, or rule violaƟ on. **F.** Undersigned gives the IHSAA and its assigns, licensees and legal representaƟ ves the irrevocable right to use any picture or image or sound re cording of the student in all forms and media and in all manners, for any lawful purposes.

**G.** Please check the **appropriate space:**

❑ The student has school student accident insurance. ❑ The student has football insurance through school. ❑ The student has adequate family insurance coverage. ❑ The student does not have insurance.

Company: Policy Number:

**I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.**

**(to be completed and signed by all parents/guardians, emancipated students; where divorce or separaƟ on, parent with legal custody must sign)** (X)

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian/Emancipated Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Printed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(X)

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian Signture:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Printed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CONSENT & RELEASE CERTIFICATE**

Indiana High School AthleƟ c AssociaƟ on, Inc.

9150 North Meridian St., P.O. Box 40650

Indianapolis, IN 46240-0650**File In Office of the Principal**

**Separate Form Required for Each School Year**

DLC: 10/17/2019 g:/prinƟ ng/forms/schools/2020-21 Physical Form/2021physicalform.pdf (5 of 5)