

MSHSAA Pre-participation Physical Examination and Medical History Forms
MSHSAA Pre-participation Documentation - Annual Requirements
June 2020

WHAT DEEMS A PHYSICAL TO BE VALID?: A PPE (physical form) that releases a student to participate in sports/activities is considered valid for two years (730 days). We cannot control when every student's physician will want to see them again for a general physical, which will be between the student's physician and their parent; however, in order to be permitted to play sports for a school team, the MSHSAA bylaw allows a physical to be valid for a two year period (730 days).

Example: A physical that was received on August 2, 2018 is now valid until August 2, 2020.

Example: A physical that was received February 1, 2019 is now valid until February 1, 2021.

Example: A physical that was received May 29, 2019 is now valid until May 29, 2021.

NOTE: In the event that a physician has specifically noted that a PPE (physical) is valid for "less than" a two year period or a student/parent has noted that a student has endured a medical or health condition since their last PPE (physical) the school is advised to request a new PPE (physical form), or at a minimum, secure a written medical release from a physician for the student to be released to return to or to continue participation. It is recommended that the written medical release from the student's attending physician be retained on file with the student's most recent physical form.

* **Only the [Current MSHSAA Pre-participation Physical Evaluation Form](#), which includes the "physical examination" and "medical history" (3 pages total), is valid for a two year period, unless a physician specifically notes on the PPE that the physical is valid for less than two years.**

* **The [Current MSHSAA Pre-participation Documentation – Annual Requirements](#), which includes Interim Medical History, Parent Permission-Insurance Verification, Student Agreement, Concussion Education Materials-Parent/Student Signature, Emergency Contact Information are the annual requirements that the school must secure from the students/parents annually. (3 pages total)**

The above forms are located on the Sports Medicine page under the MSHSAA Resources category at www.mshsaa.org.

While the MSHSAA PPE Form is now valid for a two year period from the date of the physical examination, all other Pre-participation Documents must still be completed/updated annually for every student athlete.

CURRENT MSHSAA PRE-PARTICIPATION DOCUMENTATION THAT MUST BE COMPLETED ANNUALLY: Interim Medical History (pg 1), Parent Permission-Insurance Verification (pg 2), Student Agreement (pg 3), Concussion Education Materials-Parent/Student Signature (pg 3), Emergency Contact Information (pg 3). These requirements must be secured from the student and student's parent(s) every school year.

QUESTIONS AND ANSWERS

Q1: We have students that have a physical form on file and the physical form is one that is used by the physician's office/clinic, it is not the MSHSAA PPE Form. These physical forms from the physician's office specifically state that the physical is only valid for one year. (1) Is it okay to accept a physical form that is from a physician's clinic/office and not on the MSHSAA PPE Form (2) Is the physician's physical form that specifically references being valid for one year still valid for a two year period under MSHSAA bylaw 3.8.1

A1: (1) Yes it is still permissible to accept a physician's physical form to meet the requirement of bylaw 3.8.1 for a student to participate in sports. The MSHSAA PPE Form is the recommended form to be used, but it is not the only physical form that can be used for releasing a student to participate. (2) If a physician's physical form specifically states that it is only valid for one year OR if a physician specifically notes on the MSHSAA PPE Form that the physical form is valid for less than two years then the student will be required to get a new physical based on information noted by the physician on the physical. A physician indicating that they are only clearing a student for participation for one year or any amount of time less than two years supersedes the MSHSAA Bylaw noting that physicals may be valid for two years.

Q2: Due to the recent changes to MSHSAA Bylaw 3.8.1 regarding pre-participation physical forms, many of our students will not need a new physical for the 2020-2021 school year because we already have physicals on file for them that are now considered valid for two years (730 days). We also have all the other Pre-participation Documentation requirements on file for these students. Is it necessary that our school secure new Pre-participation Documentation requirements for the 2020-2021 school year.

A2: YES, the MSHSAA Pre-participation Documentation-Annual Requirements must be updated and completed every year. It is recommended that schools secure the Pre-participation Documentation prior to the start of each school year; however, at a minimum the Pre-participation Documentation must be secured from each student athlete prior to them being permitted to participate in their first sport season for each school year. Pre-participation Documentation includes: Interim Medical History, Parent Permission-Insurance Verification, Student Agreement, Concussion Education Materials-Parent/Student Signature, and Emergency Contact Information. These requirements must be secured from the student and student's parent(s) annually.