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In conjunction with the Office of School Health, the Public Schools Athletic League (PSAL) has unveiled a **new pre-Participation Physical Exam (PPE) form which consists of three pages. The only page students will submit to their Athletic Director or coach is page 3, the “Recommendations for Participation in Physical Education and Sport” page.** The “Health History” form (page 1) and the “Physical Examination” form (page 2) **must remain on file with the students’ medical provider.**

The goal of the updated form is to:

- Provide a thorough exam that is protective of student-athletes’ health
- Ensure privacy of the student’s medical information

Q: How does this form change the exam?

A: The goal of a PPE is to maintain the health and safety of athletes. By including health history questions, the form is more sensitive at picking up “red flags” that could put the athlete at increased risk of injury or death during sports participation. The form will provide medical providers with information to make the best clearance decision for every PSAL athlete. The form is in line with the current best practices for PPEs nationally.

If there are questions that you do not understand or do not have the answer to, you may leave them blank and discuss them with the medical provider when the student arrives for their visit.

Q: How does this form maintain privacy of medical information?

A: The Athletic Directors and coaches only need to collect the **last page**, which is the sports clearance page entitled “**Recommendations for Participation in Physical Education and Sports.**” The “Health History” form (page 1) and “Physical Examination” form (page 2) should be kept on file with the medical provider. If the medical provider gives you a copy of these two forms, please do not submit these forms to the school, Athletic Director or coach.

Q: Why are there physician reminders on the form?

A: The physician reminders are on the form to help start conversations with adolescents about topics related to their overall health and safety. These recommended questions are also considered part of the PPE best practices laid out by organizations such as the American Academy of Pediatrics and the American College of Sports Medicine.

Should you have any questions regarding the new PPE form, please contact PSAL Athletic Training Coordinator, Shayla Veasley, (718) 707-4241 or sveasley@schools.nyc.gov