

FAQs for Parents

Sports Screening or “PPE”

- **What is a sports screening?**

Also called a pre-participation physical exam, or PPE, a sports screening is a limited exam tool which emphasizes the areas of greatest concern in sports participation and conditions identified as problems in the history. The screening includes height, weight, pulse, blood pressure, visual acuity, and assessment of the musculoskeletal system, skin, heart, abdomen, and ear/nose/throat. Sport screenings are important to ensure athletes are healthy for participation. Specifically, PPEs:

- Identify medical and musculoskeletal conditions that may place the athlete at risk for injury or illness and may require further evaluation and treatment prior to participation
- Identify correctable problems that may impair the athlete’s ability to perform
- Assure that any previous injuries have been adequately rehabilitated so the athlete is not at risk for further injury
- Assess fitness level for specific sports
- Educate athletes and parents concerning sports, exercise, injuries and other health related issues

- **Is the sports screening the same as the annual well-child physical check-up, or well-child exam, with my child’s primary care provider?**

No, PPEs are not a substitute for annual wellness exams. Annual physical examinations with your primary care provider are important to your child’s overall well-being because the provider will explore different aspects of your child’s health and development and may identify concerns which are not addressed during the sports screening.

- **Why does my child need a PPE?**

The NCHSAA requires students to be medically cleared prior to trying out for a sports team to ensure your child is healthy enough to participate in athletics. Your child must have a signed form indicating ‘cleared’ on file and it must not expire during the sport’s season, including pre-season and playoffs. *This form is required PRIOR to trying out for a sport and is valid for 395 days.*

The PPE must be documented on the NCHSAA form. A note from the child’s primary care provider is not sufficient documentation. The NCHSAA form can be downloaded from www.nchsaa.org/health-and-safety.

- **When & where will the Pre-Participation Exam (PPE), or “physicals,” take place?**

May 22th 2019:

Time: High school students start at 2:30pm; junior high school students start at 3:00pm.

Check-in: Gymnasium Lobby. Students will NOT be admitted after 5:00pm

The exam will take place at stations set up throughout the McDowell High School gymnasium

- **Who can come to the PPEs?**

The screenings are for rising 6th graders through rising 12th graders who will be, or are considering trying out for, or participating, in any NCHSAA athletics for the 2019 – 2020 academic year.

- **Should I attend the PPE with my child?**

YES!!! Parents/legal custodians are strongly encouraged to attend with their children to answer any additional medical questions or to clarify their responses. The PPE is a clinical exam and often times, the provider performing the exam may have additional questions that only the parent can answer; your attendance may reduce the need for further follow up.

- **How long will the PPE take?**

This varies depending on the number of athletes and your child’s medical history, but on average, expect your child to spend 30min to 1hr to complete all stations. No students will be allowed to check-in after 5:00 pm. Any students that completed check-in before 5:00 pm will be permitted to complete all stations and the provider exam.

- **Does my child need to bring any forms to the PPE?**

Yes. Your child will need to bring the following documents – **MUST BE SIGNED in blue/black ink**

**Any form signed or completed in pencil or colored ink (besides blue/black), will be turned away **

The forms can be downloaded from www.missionsportsmedicine.org

1. Mission Sports Medicine - Consent for Medical Care and Treatment – *initial and sign*
2. Mission Sports Medicine – Sudden Cardiac Arrest Awareness – *initial and sign*
3. Mission Sports Medicine – Medication Agent Release* - *complete and sign*
Only required if you grant permission to the Athletic Trainer to provide certain medications to your child as needed
4. NCHSAA - Medical History Questionnaire – *complete the front page and sign*

- **Does my child need to wear or bring any additional items to the PPEs?**

Yes. Your child should wear loose athletic clothing (shorts and t-shirt) and glasses or contacts if they wear them.

- Forgetting to bring glasses or contacts may result in your child failing the eye exam and may not be cleared to participate until follow-up with an optometrist.

- **Will it cost anything for my child to get a physical at the school?**

Mission provides this service at no cost to the school or athlete.

- **If my child completes the NCHSAA PPE, is he/she automatically able to participate in sports?**

Not necessarily. The provider will check one of 3 boxes after the exam: cleared, cleared pending follow-up, or not cleared. Only students marked “cleared” may participate without further follow-up or clearance.

- **What happens if my child is not cleared and needs a follow-up?**

If the provider indicates a follow-up is necessary before he/she can safely participate, the child will receive a note indicating the reason your child was not cleared and next step instructions, such as ‘follow up with optometrist.’ The Athletic Trainer will follow up with you by phone within 48 hrs after the PPE to review your child’s PPE and work with you to get your child the next step care.

- **If my child needs a follow up with another healthcare provider, does he/she need to go to Mission?**

No, you may follow up with any healthcare provider of your choosing; the Athletic Trainer can help you to facilitate a follow up appointment with the provider of your choice.

- **My child needs a physical for work, summer camp, recreational sports, etc. Can they bring that physical form to be signed by the provider during the school sports PPE?**

No. The PPEs at the school are only for students participating in school-sponsored sports. The provider will not sign any form other than the NCHSAA form. Physicals that are required for other athletic events must be completed by the child’s primary care provider.

- **Does my child have to get their PPE done at the high school to participate in school sports?**

No. Your child is required to have a completed NCHSAA Pre-Participation form prior to participation in school sports. We recommend that you and your child take advantage of the PPE exam offered at the High School, however, you may choose to see your primary care provider at your convenience.

- **What happens if my child cannot attend, or has to leave school before the screening has been completed?**

Your child will need to follow-up with his/her primary care provider to complete the exam. The NCHSAA form must be signed by a primary care provider for it to be considered complete and valid.