



PRE-PARTICIPATION PHYSICAL EVALUATION FORM (PPE)

The IHSAA Pre-participation Physical Evaluation (PPE) is the first 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 examination. The IHSAA, under the guidance of the Indiana State Medical Association's Committee on Sports Medicine, requires that the PPE Form be signed by a physician (MD or DO) holding an unlimited license to practice medicine, a nurse practitioner (NP) or a physician assistant (PA). In order to assure that these rigorous standards are met, both organizations endorse the following requirements 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 way.
(available for download at <http://zhs.zcs.k12.in.us/>)
2. The PPE Form must be signed by a physician (MD or DO) holding an unlimited license to practice medicine, a nurse practitioner (NP) or a physician assistant (PA) 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 on the Physical Examination page.
 - The History Form must be signed by BOTH the student and a parent.
4. **ONLINE PAPERWORK**

ZCS collects pre-participation paperwork online. Please go to www.rankonesport.com to complete the online portion of the pre-participation paperwork.

Please note: The form will ask for a Student ID. The Student ID is firstname-last name (i.e. jane-doe) and is NOT an actual number.

All ZCS Athletes must have a hard copy of the physical form on file in the athletic office and have the online paperwork completed **BEFORE** participating in **ANY** try-outs or practices.