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TO: Athletic Administrators – High School and 7-8<sup>th</sup> Grade Schools  
FROM: Jerry Snodgrass, Executive Director and Dr. Deborah Moore, Senior Director of Compliance and Sports Medicine  
DATE: February 2020  
RE: New Version of the Pre-Participation Physical Evaluation (PPE) – 2020-21

The purpose of this communication is to alert you to access for the latest version of the PPE, which has been authorized by the OHSAA's Joint Advisory Committee on Sports Medicine (JACSM) and approved by the Board of Directors. This new version was developed for use with youth and adolescent student-athletes by the American Academy of Pediatrics in its 5<sup>th</sup> edition of the monograph, *PPE, Pre-Participation Examination*. The AAP was advised by a working group representing the American Academy of Family Physicians, the American College of Sports Medicine, the American Medical Society for Sports Medicine, the American Orthopaedic Society for Sports Medicine and the American Osteopathic Academy of Sports Medicine.

These societies, as well as our own JACSM, recognize the value of the PPE in providing the best health care possible for our interscholastic athletes. The societies believe this tool is best used in conjunction with an athlete's primary care home incorporated into routine health-care supervision. When the PPE is completed with the student's medical record present and by a provider who knows the athlete, the student has the best chance of integrating the medical eligibility determination with the full past medical and family history. Schools, however, may choose to offer mass exams, and students may also utilize the services of medical clinics for completion of the exam.

This 5<sup>th</sup> edition reflects an evidence-based and an expert opinion principles and practices approach to the examination and the eligibility determination. Our JACSM has chosen to retain all the questions within the history section and have added just two questions on exercise behavior as suggested by the American College of Sports Medicine. A Spanish version of the history portion is also included on our website.

The complete document, which can be found on our website here in English and in Spanish (History portion only) [https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/PPE\\_2020-21.pdf](https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/PPE_2020-21.pdf) contains the History Form (2 pp.), A Supplement for Athletes with Disabilities (1 p.), Physical Exam Form (1 p.), Medical Eligibility Form (1 p.), OHSAA Authorization (HIPAA) Form (1 p.), OHSAA Consent Form (1 p.), Concussion Form from the OH Department of Health (3 pp.) and the Sudden Cardiac Arrest Form from the OH Department of Health (1 p.).

The medical clearance must be completed **once every 13 months** and kept on file indefinitely. Although use of this OHSAA-adopted PPE is not required (for example, a school via its Board policy could accept another type of physical exam), **signing all four consent forms is required** before a student may commence any athletic participation in a member school. In Ohio a physician (MD, DO), a doctor of chiropractic (DC), a physician's assistant (PA) and an advanced practice nurse (ANP) are eligible to complete the exam and sign the form.

The OHSAA is grateful for the advice rendered by our JACSM and thank the American Academy of Pediatrics for allowing us access to the editable document for distribution through our website. Please direct any questions to Dr. Moore at the OHSAA.