

## FAQs for Parents

### *Athletic Pre-Participation Physical Exam “PPE”*

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

Date: Wednesday July 25<sup>th</sup>, 2018

Time: 5:30pm – 7:15pm\*

Location: MAHEC Family Health Center @ 123 Hendersonville Rd

Check-in: Main lobby

The exam will take place at stations set up throughout the MAHEC Family Health Center.

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

PPEs are state-mandated physical exams 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](http://www.nchsaa.org/health-and-safety).

- **Does the PPE take the place of my child’s annual physical check-up, or well-child exam, with his/her 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 PPE. Pre-participation exams are important to ensure athletes are healthy for participation. Specifically, PPEs:

- Identify medical and musculoskeletal problems that may place the athlete at risk for injury or illness
- 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
- To identify medical conditions that may require further evaluation and treatment prior to participation

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

The physicals are for rising 5<sup>th</sup> graders through rising 12<sup>th</sup> graders who will be, or are considering trying out for, or participating, in any NCHSAA/NAIA/NCISA athletics for the 2018 – 2019 academic year. A current PPE is required **prior to trying out** for any NCHSAA/NAIA/NCISA sport.

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

The screening exam is \$25.00 – cash or check, payable to Mission Sports Medicine. Your insurance will not be billed for this screening.

- **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 7:15pm. Any students that completed check-in before 7:15pm will be permitted to complete all stations and the provider exam.

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

YES!!! The PPE is a clinical exam and often times, the physician performing the exam may have additional questions that only the parent/legal representative can answer. No child will be allowed to check in without his/her parent/legal representative present.

- **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](http://www.missionsportsmedicine.org)

1. Mission Sports Medicine - Consent for Medical Care and Treatment – *initial and sign*
2. 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 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.

- **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 kids 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.’ If your child attends a school contracted with Mission Sports Medicine, then 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.

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

No. This event is 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 on July 25<sup>th</sup>, 2018 to participate in school sports?**

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 this PPE exam as many specialists will be on-site to provide a complete assessment. You may choose to see your primary care provider at your convenience, however, you will be charged for the office visit in accordance with your insurance.

- **What happens if my child cannot attend the PPE on Wednesday 7.25.18\_or has to leave early before the exam 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.