



DEPARTMENT OF EDUCATION

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MEMO 1

Date: August 1, 2023

To: All School Nurses, Athletic Directors, Athletic Trainers, Coaches, and Athletic Staff

From: Delaware Interscholastic Athletic Association (DIAA) and School Health Services, Department of Education

Subject: 2023-2024 DIAA Pre-Participation Physical Evaluation (PPE)/Consent Form

This Memo is to clarify the changes to the 2023-2024 DIAA PPE/Consent Form based on recommendations from the Delaware School Nurse Association and Delaware Athletic Trainer's Association. The main reason for these changes was to address the issue of providers forgetting to sign the form, leading to additional administrative burdens for schools.

Effective April 1, 2023, Page 5, Section 4 of the DIAA PPE and consent form was modified. Physicians (or NP/PA) are no longer required to sign on Page 5, as they already clear the athlete on another page. Instead, the school nurse or athletic trainer (ATC) should sign Page 5, indicating that they have reviewed the athlete's pertinent medical history and verified that the medical history card is up to date.

The DIAA PPE consists of seven pages. Pages two, three, and five require a parent's signature, while pages six and seven serve as references for the parent and student-athlete to keep. Page four requires the exam date and physician's signature, while page five necessitates the clearance to participate date and physician's signature. It is important to note that the student must be cleared to participate on or after April 1, based on a physical examination conducted within 12 months of the signature. The clearance remains valid through June 30 of the following school year unless a re-examination is required.

To streamline the process and eliminate unnecessary complications, please keep in mind the following points:

- The date the forms are filled out does not have to be the same day as the physical examination. Please refer to the timing of the physical, as mentioned above.

- All questions on the history form (Page 3) must be answered based on the athlete's complete medical history, not just the last year's.
- A new section for the date of clearance has been added next to the "signature of the health care professional" on Page 4.
- Pages two (2), three (3), and five (5) require a parent's signature.

Additionally, please make a note of the changes made to the form for clarity and compliance:

- The mention of the date in context has been eliminated on Page 1, as it led to issues for doctors' offices and will no longer have frequent changes moving forward.
- Page 3 refers to "School Qualified Health Care Professional (QHP)," defined as RN/ATC.
- Page 4 clarifies that the provider must only sign the physical exam page, not other sections of the form.
- Page 5 now specifies "qualified healthcare professional (QHP)" as RN/ATC to align with the definition and clarify who can sign this page. Verification of clearance should be done after reviewing the PPE.

If you have any questions or require further assistance, please do not hesitate to contact ann.covey@doe.k12.de.us or david.baylor@doe.k12.de.us. Thank you for your cooperation and commitment to ensuring the well-being of our student-athletes.

Sincerely,

David Baylor, DIAA Executive Director
Ann Covey, School Health Services

