



Preparticipation Physical Examination (PPE) FAQ's and Essential Information

⇒ What is the purpose of the PPE?

- The PPE is designed to screen for injuries, illnesses, or other factors that increase an athlete's risk for injury or illness.

⇒ How is the PPE submitted?

- For the 2026-2027 academic year, the DIAA is moving to an all-new digital system to manage athlete paperwork. The new system, RANK ONE, will allow parents/student athletes to upload the required PPE paperwork directly. Parents/student athletes will upload the medical card, review important medical information, and sign any consent forms directly through the website/app.

⇒ What forms need to be submitted?

- For the 2026-2027 academic year, the student athlete will only need to upload the medical card which now has a space for the primary care practitioner (PCP) to sign and provide clearance recommendations. The history form should still be completed by the parent/student athlete and provided to the PCP at the time of the physical.
- For most student athletes, the history and physical forms will now stay with the PCP. However, the history and physical can be used as the required school forms for those students first entering middle school or 9th grade. As such, parents may ask their PCP for a copy of these forms to bring to the appropriate school personnel.

⇒ Who should perform the PPE?

- The DIAA Sports Medicine Advisory Committee recommends that the required forms be completed by the student athlete's PCP to ensure continuity of medical care and coverage for services.

⇒ How often do I need to have the PPE?

- All athletes should have a physical examination yearly.
- The forms must be completed **after April 1st each year based on a physical examination performed by the signing physician within one year of the date of signature.**
- A well-child visit or routine health check-up with your PCP usually has all of the components needed for your PCP to complete the paperwork needed for the DIAA PPE. If you are unsure, please call your PCP and ask.
 - Examples:
 - If you had a routine health check up with your PCP in December, you do not need to have a new physical after April 1st. Please

contact your PCP and ask them to fill out DIAA paperwork after April 1st based on the examination you had in December.

- If you had a physical examination on March 30th 2025, you would need to have a new physical examination after April 1st 2026 for the 2026-2027 school year
- Sick visits do not count as routine health examination visits and you may need a new complete physical examination if it has been greater than a year since your last PPE.

⇒ **Does the PPE cover me during summer workouts?**

- PPE for academic year 2025-2026 will end on the first day of practice for 2026-2027 season. Any summer activity is then considered part of academic year 2025-2026. An athlete cannot participate in summer workouts without a PPE.