



DIAA Return to Play 2020-2021 School Year Frequently Asked Questions Reference Guide – Pre-participation Examination

The following provides Pre-participation Examination (PPE) information related to what is required for a student to participate in DIAA sports for the 2020-2021 school year.

The DIAA Sports Medicine Advisory Committee recommends that the required forms be completed by the student athlete's primary care provider (medical home) to ensure continuity of medical care. These forms must be completed after April 1st 2020 based on a physical performed by the signing physician within one year of the date of signature.

Which 2020-21 PPE forms are required for incoming sixth or ninth grade students, new athletes, and out-of-state transfers?

- Any student wishing to participate in a DIAA sponsored sport who has not had a DIAA PPE must submit a completed 2020-2021 physical prior to athletic participation (try-out, practice, scrimmage or competition) for the 2020-21 school year. Ninth grade students must have a new physical even if they had a 2019-2020 DIAA physical.
- The following are required forms for the 2020-2021 school year:
 - Pre-Participation Physical Evaluation/Consent Form – page 2 of the 2020-2021 PPE Packet
 - History Form – page 3 of the 2020-2021 PPE Packet
 - Physical Examination Form – page 4 of the 2020-2021 PPE Packet
 - School Athlete Medical Card – page 5 of the 2020-2021 PPE Packet

Which 2020-21 PPE forms are required for returning students?

- The following are required forms for returning students for the 2020-2021 school year:
 - Pre-Participation Physical Evaluation/Consent Form – page 2 of the 2020-2021 PPE Packet
 - History Form – page 3 of the 2020-2021 PPE Packet
 - School Athlete Medical Card – page 5 of the 2020-2021 PPE Packet
- Due to the COVID-19 pandemic, returning student-athletes that had a valid 2019-20 PPE may not be required to have a PPE until December 31, 2020. This means a physical that was good for the 2019-2020 season may be good for the start of the 2020-2021 season until December 31, 2020. These students should submit page 2, 3 and 5 to the school's qualified health-care provider (QHP - School Nurse or Athletic Trainer). A new physical may still be required after these forms are reviewed by the school's QHP.

Which 2020-21 PPE forms are required if a student physical completed by a physician after April 1, 2020 and prior to the 2020-21 PPE Packet released on July 16, 2020?

- Any student who had their physical using the 2019-20 PPE forms can submit the 2019-20 PPE forms; however, each student MUST also complete and submit the history form (page 3) from the 2020-21 PPE Packet and consent form (page 2) which will be reviewed by the school's QHP.

What forms are required for student-athletes who are required to wear a face covering and have a history of a cardiac or respiratory disorder, or sickle cell trait?

- Any student-athlete who is required to wear a face covering and has a history of a cardiac or respiratory disorder or has a known history of sickle cell trait needs to have a new physical for the 2020-2021 season.
- Any student-athlete who had their physical using the 2019-20 PPE forms can submit the 2019-20 PPE forms; however, each student MUST also complete and submit the history form (page 3) from the 2020-21 PPE Packet and consent form (page 2) which will be reviewed by the school's QHP.

Can the Athletic Trainer be the ultimate Qualified Healthcare Professional (QHP) approving the student DIAA PPE packet from the physician?

- The decision to identify the responsible QHP for a school is determined by the member school.

COVID-19 Related Questions

Per Delaware Division of Public Health (DPH) guidelines, all student-athletes will be screened for COVID-19 with a symptom checklist daily prior to participation.

Who is an eligible screener for the symptom check?

- The school will determine the approved adult screener. Screeners should not be students or a student-manager. *Please note information responses are confidential and should be treated as such.*

During the screening symptom check process, what if a student answers yes to a question– what is the next step?

- Any student, who answers yes to the symptom questions, shall not participate in any activity, shall leave the premises immediately and the school's QHP and Covid Coordinator should be notified. If determined that the student needs further evaluation, the student will then need to be evaluated and cleared with a negative PCR test.

How often should screening symptom checks occur?

- The screening symptom check for COVID-19 shall occur before every athletic activity the school sport sponsors, including team meetings.

What if a student is diagnosed with COVID-19?

- Member schools should notify their member school COVID Coordinator and follow the established protocols and guidelines of the school and DPH.
- A student-athlete who tests positive **after** obtaining a new physical must also have the COVID-19 Return to Play Form signed by a Qualified Healthcare Professional (Licensed Physician (MD/DO), Licensed Physician Assistant (PA), License Nurse Practitioner (NP) prior to resuming participation in athletic activity.
- This means that an athlete needs to be cleared by **BOTH** the division of public health who will clear the athlete once they are no longer infectious **AND** by a Qualified Healthcare Professional who will clear the athlete if there are no cardiopulmonary concerns.

Please see [DDOE Returning to School Guidance](#) for most updated information - [Returning to School FAQs](#)

Are face coverings a requirement to participate in athletic activities?

- Yes. Per the State's 26th Modification of the Declaration of a State of Emergency for the State of Delaware due to a Public Health Threat and DIAA Emergency Order 1010 Interscholastic Athletics during the COVID-19 Pandemic, mask are required for student-athletes as described in DIAA Emergency Order 1010.