

Dear Parents/Legal Custodian,

The NCHSAA has released some new guidelines for the 20-21 school year for physicals in response to COVID-19. The new guidelines are as follows:

Pre-Participation Form (Physical Examination Form)

Date of Current Physical	Requirement for 2020-2021
Prior to 03/01/19	Need valid, up-to-date physical prior to participating.
On or after 03/01/19 through 05/01/20	Granted a temporary extension to participate through the end of the 2020-2021 academic year.
On or after 05/02/20	Will participate based on the current policy of being "valid for 395 days".

- The family history portion of the PPE Form is required annually and must be renewed prior to participation during the 2020-2021 academic year. There is no waiver to this requirement.
- The Gfeller-Waller Form is required and must be reviewed and signed prior to participation during the 2020-2021 academic year.

We are asking that these forms be completed as soon as possible, so that your child may return to athletics as soon as allowed by state and local regulations. You may turn them by mailing them to the school (ATTN: CATY EVERHART, Athletic Director - please send an email to notify that one will be arriving soon), turning them in at laptop/textbook collection (more information to follow), or by scanning and emailing to caty.everhart@orange.k12.nc.us (preferred method).

Make sure that both parent/legal custodian and student have signed and dated the bottom of the medical history and every box is initialed and then signed and dated at the bottom of the concussion form. The forms are not valid unless 100% complete.

Attn: Caty Everhart
305 Orange High School Rd.
Hillsborough, NC 27278

Email: caty.everhart@orange.k12.nc.us

FAQs:

- **Q: What is Pre-Participation Form?**
A: This is the "physical" that every student must have on file at the school to participate in athletics. It consists of 2 parts. The Family History Portion (the page(s) with medical questions asked of the student/parent/legal custodian) and the Physical Examination (the portion completed by a physician/extender)
- **Q: What is the family history portion?**
A: This is the portion that the student/parent/legal custodian completes prior to being evaluated by the physician/extender. It consists of a series of questions that are answered "yes/no/unsure". It gives insight to the current medical conditions of the student as well as pertinent family medical conditions. Completion of this portion of the "physical" is still required for all athletes for the 20-21 school year. It does not require a doctor's visit to complete.
- **Q: What is the Gfeller-Waller form?**
A: This is the technical name for the concussion education form that is completed every year by students and parent/legal custodian in order to be eligible for participation in athletics.
- **Q: Where can I find these forms?**

A: The forms are attached to this email, but can also be found at:

- o The NCHSAA website: [Physical/Family History](#) and [Concussion Form](#)
- o Any of the district "[Printed Material Pick-Up Sites](#)"

· **Q: Where can I find the date of my child's last physical?**

A: This date can be found by emailing Coach Everhart (caty.everhart@orange.k12.nc.us) and requesting the date of the physical.

· **Q: My child's physical was completed prior to 3/1/19, what do I need to do?**

A: Your child will be required to have a new physical on file at the school, complete with physician/extender evaluation, before they can participate in any school sponsored tryouts/workouts/practices/competitions. They will also need a new concussion education form on file.

· **Q: My child's physical was completed 3/1/19-5/1/20, what do I need to do?**

A: If your child's physical is on file at the school, they will not need a new physical (the physician examination part) to be eligible to participate in athletics for the 20-21 school year. Their physical will remain valid until the end of the school year in 2021. At that point they will need a new physical to be eligible. However, your child must have a new family history and concussion education form on file, dated on or after 5/2/20.

· **Q: My child's physical was completed on or after 5/2/19, what do I need to do?**

A: Your child's physical will operate on the normal "395 day rule". Your child's physical will expire 395 days from the date of exam. A family medical history should have been/needs to be completed with the physical examination and will satisfy the updated family history requirement. Your child will need a new concussion education form on file.

· **Q: My child is a rising 9th grader, do these rules apply?**

A: Yes. If your child has a current physical on file, the middle schools will send their physical to their districted high school at the end of the school year. If you have a copy on file at your home, you may go ahead and submit that to their high school.