

FREQUENTLY ASKED QUESTIONS

BHS Sports Medicine – Forms and Documents

Pre-participation Exam (PPE)

Our primary care provider (PCP) provided a note for my child’s physical exam stating he/she is cleared for sports, but it is not on the TSSAA PPE form. Can we turn this in for sports participation?

No, only the TSSAA PPE form is considered valid. Please plan to print/bring the TSSAA PPE form with you to your child’s visit. If you already attended the visit, you can bring the form to the provider’s office and they will fill it out for you. You do not need to have a second PPE performed.

Our insurance only covers one annual well-visit with my child’s primary care provider a year, and the visit is due prior to April 15 (ex. February-April 14), will this count for the next year’s athletic season?

No, you will need a new PPE dated on or after April 15 to be in compliance with TSSAA requirements. It is encouraged to keep the PCP appointment as this provider knows your child best. You must, however, obtain another PPE from either any local walk-in clinic that offers PPEs, usually in the price range of \$10-20, or during KOC’s annual mass physicals event which usually occurs in May for a flat \$10, no insurance needed. The due date is mandated by TSSAA and we are required to abide by it.

A new header on the PPE form states, “This form should be placed in the athlete’s medical file and should not be shared with schools or sports organizations. The Medical Eligibility Form is the only form that should be submitted to a school or sports organization.” What pages of the PPE are required to submit?

It is strongly recommended that families provide the entire PPE packet. The packet consists of:

- 1) History form with details of prior injuries, illnesses, and medical conditions
- 2) Physical exam performed by the physician
- 3) Medical eligibility form (**REQUIRED**)
- 4) Consent for athletic participation & medical care (**REQUIRED**)

If there is a privacy concern and parents/guardians do not wish to inform the coaches or school administration of a particular aspect of the student athlete’s history, then that is their right. Parents do have the option, however, of submitting the optional forms directly to the athletic trainer for inclusion in the student athlete’s private medical record. This is only accessible by the KOC athletic trainer and subject to all relevant HIPAA laws that govern medical privacy for health care providers. This ensures that any pre-existing conditions are proactively prepared for, recognized swiftly, and addressed in the most efficient, timely manner for optimal health outcomes. Example conditions to illustrate this include but are not limited to seizure disorders, diabetes, sickle cell trait, single kidney/testicle, mental health conditions, surgical history, asthma, allergy/anaphylaxis, etc.

We just moved to Knoxville from out of state and our student athlete obtained a physical in another state, is this a valid physical?

The physical itself will be considered valid if your previous provider’s office can have the PPE information transferred onto a TSSAA PPE form and sent to you electronically. All PPE’s must be on the TSSAA PPE form since requirements as to what is included in a PPE vary by state.

My student athlete is a freshman and wants to try out for a sport. Does he/she need to provide all the required paperwork even if he/she doesn't make the team?

All required medical documents are mandatory for any participation in BHS athletics, including tryouts, out of season team workouts, and regular practices and competitions.

For how long is my student athlete's PPE valid?

It is valid from the date it was completed (on or after April 15) until the end of the following dead period. For example, a PPE performed on April 20, 2024 is valid until it expires on July 7, 2025 (return from dead period). A new PPE for the 2025-26 school year will be due on July 7, 2025 OR on the first day the student athlete reports for any BHS athletic team activities (i.e. tryouts or preseason workouts) occurring after July 7, 2025.

My student athlete has had a major medical change/diagnosis since the last PPE and the next one is not due for a while, what should we do?

Please contact the athletic trainer to have his/her medical record updated so their concern can be proactively addressed as it relates to their athletic participation.

Concussion & Cardiac Annual Forms

My student athlete has never had a concussion or cardiac event, do we still need to turn in these forms?

Yes, these forms are required by law for all student athletes and detail the risks of these conditions associated with athletic participation. Please read them carefully together with your student athlete.

Return to Play/Clearance from Injury

When do I need to provide a physician's note to the coach or athletic trainer?

Anytime your student athlete sees a physician/healthcare provider for an issue that alters their participation status in sport (ex. no play, restricted/modified play, return to play) a note reflecting the change needs to be provided to the coach and athletic trainer. Example conditions include illness, orthopedic injury, concussion, infection, surgery, etc. This ensures the AT is aware of and can address student athletes' needs to recover from injury/illness and that the coach allows participation only within the safe parameters established by the treating healthcare provider. Student athletes may be withheld from participation by the coach/AT until they have provided a physician's written clearance for an established issue being treated by a physician.

My student athlete had a concussion but it now cleared, what documentation is needed to allow them to return to play?

The TSSAA Concussion Return to Play Form is required to be on file with the athletic trainer prior to any return to athletics post-concussion diagnosis. This is required by all TSSAA member schools. There is no approved substitute form. The provider will note on the form whether subsequent individualized, graduated return to play supervised by the athletic trainer is required prior to practice and competition, based on a case-by-case basis.

How do I provide the athletic trainer with a physician note?

Notes can be brought to the athletic trainer by the student athlete, brought to the East Mall office (in an envelope) and requested to be placed in the athletic trainer's mailbox, or sent as a photo via email (nicole.medina@orthotennessee.com) or text to 865-680-7960.