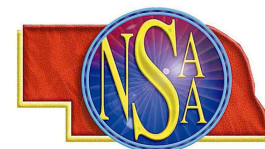


# NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

Member of the National Federation of State High School Associations



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To: All Member Schools

From: NSAA Sports Medicine Advisory Committee & NSAA Board of Directors  
Subject: Pre-Participation Physical (PPP)

The NSAA Sports Medicine Advisory Committee met via Zoom on April 2, 2020. One of the primary discussion points was the annual requirement for all athletes to have a PPP on file prior to the start of their respective regular season practice.

Health care providers in the state were, at that time, experiencing changing demands to deal with COVID-19. These changes are causing them to postpone most, if not all, non-essential wellness and maintenance visits. Most of them were planning these changes to last until July.

During this committee discussion, it became clear that areas of the health care system in Nebraska will not have the capacity to meet the requirements in place by the NSAA for all athletes to have these PPEs administered in the timeline that starts no earlier than May 1.

The NSAA SMAC unanimously recommended to the NSAA board that PPPs for the 2019-2020 school year be acceptable for the 2020-2021 seasons. This recommendation would be for a one-year exemption only and would not include incoming freshmen. They continue to recommend that students visit their primary care providers for the PPE.

The NSAA Board took action to accept this recommendation at their May meeting.

The requirement for students entering the 7<sup>th</sup> grade to have a physical exam is Nebraska state education law therefore we cannot waive that requirement. However, the physicals that incoming 8<sup>th</sup> graders have for the 2019-2020 school year can be used for NSAA purposes for the 2020-2021 school year.

After discussions with legal counsel and our insurance provider, due to our catastrophic insurance requirements, all current 8<sup>th</sup> grade students that are going to enter the 9<sup>th</sup> grade in 2020, will **STILL** be required to get a PPP for the 2020-2021 school year. All other high school students entering grades 10, 11 & 12 grades that have the PPP paperwork for 2019-2020 school year, can use that physical for the 2020-2021 school year.

Ron Higdon

Assistant Director