



March, 2023

Dear Parents/Guardians,

The Iowa High School Athletic Association recently updated their pre participation examination procedures for participants in school athletics in order to be most current in best practices of screening and identifying health concerns of the student athlete. Due to this change, we will begin to phase in this new process through March 1, 2024 during which current physical exam forms already uploaded to the high school athletics/activities electronic systems, or turned in for middle school participation, will still be honored as evidence of medical eligibility to participate.

**A physical exam provided by a licensed health care provider (MD, DO, PA, ARNP and in limited scope under Iowa law select chiropractors) is still required in order to participate in athletics and other identified sanctioned activities.**

1. A physical exam is required, but the physical exam form which is completed by the health care provider is NOT REQUIRED for athletic participation. A health care provider physical exam form SHOULD NOT be uploaded to the electronic athletics/activities system or be turned in for sports/activities participation eligibility. Parents may retain a copy for their own records and share with the school nurse.
2. **The only form which parents/guardians should take to the physical exam appointment and submit to schools is the [Medical Eligibility Form](#).** This is the **ONLY** form which is required to be completed by the health care provider and be uploaded to the individual school's electronic athletics/activities system, or turned in, for sports/activities participation eligibility.
3. If a physical exam form is uploaded or turned in, parents/guardians will be contacted to have a Medical Eligibility form completed by their health care provider.

We appreciate your assistance in following the new guidelines to help ensure the safest environment for our students. If you have any questions, please contact the athletic/activities coordinator at your child's school.

Sincerely,

Aaron Allred, Activities Coordinator  
319-558-3562  
McKinley STEAM Academy