Dear PSAL Community,

We are excited about the return of PSAL programming. As part of the planning and preparation for the Spring session, parents and students should begin submitting the necessary paperwork needed to participate. As the Pre-participation exam form and parental consent forms have changed, please ensure you are submitting the most up to date copies which can be found on the *Printable Forms* page of the PSAL website. The following paperwork is required for each participant prior to beginning any activity:

1. PSAL Pre-Participation Exam Form dated July 1, 2019 or later
2. PSAL Interval Health History Form completed within 30 days of the start of the session
3. PSAL Parental Consent Form
4. NYC DOE Consent to COVID-19 Testing Form

PSAL Pre-Participation Exam Form
We encourage all students to see their medical provider for a new pre-participation exam. However, the pandemic may impact a student's ability to secure an appointment.

In line with an extension granted by the New York State Education Department and in consultation with the NYC Department of Health and Mental Hygiene, students will have the opportunity to use a prior PSAL Pre-Participation Exam Form if they meet the following conditions:
1. Form is dated July 1, 2019 or later
2. A receipt from the interval health history form that indicates the student may participate using a prior exam form. The receipt will be sent to the parent immediately upon completion of the interval health history form and must be submitted to the Athletic Director

The following students will need to submit a new pre-participation physical exam form:
1. Freshmen
2. Students who do not have an exam form dated July 1, 2019 or later
3. Students who receive an interval health history receipt indicating that a new exam is necessary for participation

Please Note: The forms have been updated and now consist of four pages. Please ensure that all four pages are taken to the student's medical provider if a new exam is warranted and that only page three is returned to the Athletic Director.

PSAL Interval Health History Form

The interval health history form must be submitted within 30 days of the start of participation.

Based upon the answers provided on the interval health history form, the parent/guardian will receive an email indicating whether the student may participate using their previously submitted pre-participation exam form or if it is necessary for the student to visit their provider for a new pre-participation physical exam.

A parent/guardian must complete the form. The parent/guardian will receive an email with the clearance decision for the student and will be responsible for submitting a printed copy of the clearance decision to the Athletic Director as a receipt.

Questions about the interval health history form should be discussed with the student's Athletic Director and or school nurse.

The answers to this form are confidential and will not be shared with the Athletic Director, coach, or any other school-based personnel. Allergies and medications submitted on the form will appear on the receipt that the parent will submit to the Athletic Director.

If a parent/guardian is unable to access the online form, a paper version of the interval health form is available. Once completed and signed by the parent/guardian, the student should return the completed form to the school nurse for processing.

PSAL Parental Consent Form

All students will need a new valid parental consent form signed by a parent/guardian in order to participate in each sport.

Please Note: The Parental Consent form has been updated. Please ensure that students are submitting the new form {Rev. 12/20}.

NYC DOE Consent to COVID-19 Testing Form

All students participating in PSAL activities must have a consent to COVID-19 testing form. This form is submitted on the students' NYC Schools Account or directly to the school using a paper form. Parents who need to submit a paper form should contact the Athletic Director for assistance.