

# JLCA - PHYSICAL EXAMINATION REQUIREMENT AND SHARING INFORMATION BETWEEN SCHOOL AND HOME

## PHYSICAL EXAMINATION REQUIREMENT AND SHARING INFORMATION BETWEEN SCHOOL AND HOME

By law and to protect the health and safety of students, it is important that certain medical information about students be shared between home and school. The purpose of this policy is to describe the process and circumstances for information sharing.

### I. Definitions

For purposes of this policy, a "physical examination" is a health assessment conducted by a "Qualified Healthcare Provider" (M.D., D.O., Nurse Practitioner, or Physician's Assistant) following professionally accepted standards of practice. The purpose of the physical examination is to assess health, identify health conditions amenable to early intervention, and provide treatment to correct or ameliorate health problems found.

### II. School Provided Examinations

Vision and hearing screenings will be conducted as required by Maine law. Parents will be notified of any suspected health problems identified through screening.

### III. Student Health History Form in PowerSchool

A Student Health History Form completed by parents in PowerSchool is required for all students each year by the beginning of school. In order to allow time for review of the Student Health History Form by the school nurse, students participating in a fall sport must have their health history data submitted no later than two weeks before the start of the sports season. Students will not be permitted to begin their sports season until the Student Health History Form has been reviewed by the school nurse.

### IV. Changes in Condition and Injuries

Students who have major injuries or a significant change in health status, as determined by the school nurse or athletic trainer, will require clearance, in writing, from a Qualified Healthcare Provider prior to resuming participation in physical education or athletic competition. For the purpose of this provision, "major injuries" or a "significant change in health status" includes but is not limited to any medical condition requiring surgery, any concussions (see Policy JJIAA), or any new diagnosis of asthma, allergies, or diabetes.

### V. Required Physical Examination for All Students Participating in Middle School and High School Sports

I. In order to be eligible to participate in a school sports program, all students are required to have a record of a physical examination. A Student Physical Examination Record must be submitted to the school nurse documenting the date the physical exam was done and specifying full clearance to participate in the athletic activity or indicate any necessary restrictions. Physicals are valid for two years from the date of the exam and must not expire in the middle of an athletic season. If the physical exam has expired, a medical note stating medical clearance and the date of the next scheduled physical is acceptable and will be valid until the date of the scheduled physical.

II. The Student Physical Examination Record is in addition to the Student Health History Form required of all students.

III. In order to allow time for review of the Student Physical Examination Record, it must be submitted no later than two weeks before the start of the sports season. Students will not be permitted to begin their sports season until the Student Physical Examination Record has been reviewed by the school nurse.

VI. Sharing of Information with School Staff

Results of the health history and physical examination will be entered on each student's school health record. The school nurse may share information from the record with school personnel who have a legitimate interest related to the student's education, health, or safety, including but not limited to teachers, coaches, activity advisors, trainers, and bus drivers.

Legal Reference:

- 20-A M.R.S.A §§ 6402-A, 6451-6453
- 20 U.S.C § 1232h(c)

Cross Reference:

- JJIAA – Student Sports - Concussions and Head Injuries
- JJJ – High School Co-Curricular and Extracurricular Activities Eligibility and Code of Conduct
- JLCB - Immunizations of Students

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