

Regional School Unit 73 Board of Directors	CODE: JLCA Page 1
SUBJECT: Physical Examination of Students	
DATE OF ORIGINAL POLICY:	September 10, 1973
DATE OF NEXT REVIEW:	2018
CANCELS POLICY CODE:	None
REVISION DATE:	8/18/75; 8/29/77; 9/11/78; 8/18/81; 7/25/83; 8/20/86; 8/19/87; 1/14/93; 12/4/97; 6/24/09
JURISDICTION:	RSU 73 Schools

POLICY: Physical Examination of Students

The RSU73 Board acknowledges the relationship between student health and success in school. Recognizing that parents/guardians bear the major responsibility for attending to the health needs of their children and that the school system has an interest in the well-being of its students, the Committee adopts the following policy.

A. Physical Examinations and Screenings

Parents/guardians shall be required to have their children physically examined prior to entering school and encouraged to have examinations on a schedule recommended by their health care provider thereafter. Dental examinations shall also be encouraged.

- Ideally the child’s primary health care provider should provide the health assessment and physical exam in order to promote continuity of care. If the student does not have a “medical home” or a regular source of health care, the school nurse will assist the family to establish one.
- If income is a barrier, the school nurse will assist families to seek affordable health services, if appropriate. With parental permission, the student’s primary health care provider may also be contacted, advised of the situation and asked to assist when appropriate.
- No student will be required to take a physical examination if a parent objects, except as required for athletics.

B. Participation in Athletics

Students who wish to participate in middle or high school athletics are required to have a physical examination and medical approval from a licensed MD, DO, FNP or PA-C before doing so. Thereafter, student athletes are encouraged to have a physical examination on a schedule recommended by their health care provider, but not less than every two years.

In addition, the athlete and parent must complete a medical questionnaire annually. Based on review of the questionnaire, the school nurse may refer the athlete for medical evaluation in the alternate school year as well. Athletes who sustain major injuries or have a medical illness will need medical approval to resume participation in athletics.

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The school nurse will assist those students needing help in getting physical examinations for participation in athletics.

Adopted: May 22, 2014