

**SUBJECT: PHYSICAL EXAMINATIONS OF STUDENTS**

Date of Original Policy: September 10, 1973  
Date of Next Review:  
Cancels Policy Code:  
Revision Date: **May 27, 2021**

**JURISDICTION: RSU 73 Schools**

**POLICY: PHYSICAL EXAMINATIONS OF STUDENTS**

The Board is aware of 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 Board adopts the following policy:

**1. Physical Examinations and Screenings**

Parents / guardians shall be encouraged to have their children physically examined yearly. Dental examinations shall also be encouraged.

If the child does not have a primary care provider or regular source of health care, the school nurse will assist the family, as appropriate, in establishing a “medical home” for the purpose of continuity of care. If income is a barrier, the school nurse will assist families, as appropriate, in seeking affordable health services.

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

School staff is encouraged to be alert to the general well-being of students and should refer any concerns to the building principal and/or school nurse.

**2. Participation in Athletics**

Students who wish to participate in middle school or high school athletics are required to have a physical examination / sports physical and medical approval by their health care provider before doing so. The physical examination must have been given within 2 years prior to participation. Thereafter, students participating in athletics must have a physical examination on a schedule recommended by their health care provider, but not less frequently than once every two years. A student will not be allowed to participate in practice or competition without the required physical examination and medical approval.

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

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Legal References: 20-A M.R.S.A. §§ 6402-A, 6451-6453

Cross Reference: JLCB - Immunization of Students  
JJIA - Eligibility for Participation in Extracurricular Athletic Activities

Adopted: September 10, 1973

Revised: 8/18/1975; 8/29/1977; 9/11/1978; 8/18/1981; 7/25/1983;  
8/20/1986; 8/19/1987; 1/14/1993; 12/4/1997; 6/24/2009;  
4/2021;5/27/2021