

**CODE: JLCA**

## **PHYSICAL EXAMINATIONS OF STUDENTS**

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The School Committee 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 School Committee adopts the following policy.

**A. Physical Examinations and Screenings**

Parents/guardians shall be encouraged to have their children physically examined prior to entering school and again prior to grades 2, 4, 6 and 9. Dental examinations shall also be encouraged.

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

**B. Participation in Athletics**

Students who wish to participate in middle school or high school athletics are required to have a physical examination and medical approval before doing so. The physical examination must have been given within the past twelve months prior to participation. Students participating in athletics must have a pre-participation physical. A student whose health status is questionable and has been referred for further examination will not be allowed to participate in practice or competition until he/she has been examined and medically approved for participation.

Sports physical examinations are required for all inter-scholastic sports. Each year sports physical examinations will be offered for a minimal fee. In the case of financial hardship, the fee will be waived per administration. These exams will be offered yearly and will be effective for a full year. Parent notifications will be provided prior to the scheduled dates. The physical examinations will be provided by the school physician, nurse practitioner and/or physician assistant. Sport physicals will not be provided by the school system at any other time.

**C. Parental Consent**

Parent/guardian consent shall be required for physical examinations if given by the school physician or under the auspices of the school.

Parents/guardians and eligible students (students 18 years of age or older) shall be notified annually and have the opportunity to opt the student out of any non-emergency, invasive, physical examination or screening that is:

1. Required as a condition of attendance;
2. Administered by the school and scheduled by the school in advance; and
3. Not necessary to protect the immediate health and safety of the student, or of other students.

For the purpose of this policy, “invasive physical examination” means any medical examination that involves the exposure of private body parts, or any act during such examination that includes incision, insertion, or injection into the body, but does not include a hearing, vision or scoliosis screening.

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

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

Adopted: April 15, 1986

Revised: July 5, 1994; June 5, 2012