

PHYSICAL EXAMINATIONS OF STUDENTS

All students upon entrance into kindergarten, and in the sixth and ninth grade, shall be required to have physical examination by a qualified physician. An updated health questionnaire shall be completed by the parents of all students entering the third grade.

Vision, hearing and scoliosis screening for all children in the public schools shall be conducted in accordance with the law and the regulations set by the Department of Education.

The Board directs the administration to see that parents are promptly notified of any defects of illnesses diagnosed in their child. Students found to be suffering from any disease specified by the law, and endangering anyone's well-being in the school, are to be sent home immediately or as soon as safe conveyance can be found. The superintendent and the local health office shall be notified of all such instances.

Examinations for Athletics

As recommended by the Maine Sports Medicine Council, Appendix L, all students are required to have a complete exam done when the athlete enters the competitive sports program (usually the sixth grade). The second examination should be done at the ninth grade level. The examination can be done by a medical doctor, doctor of osteopathy, nurse practitioner, or a physician's assistant. Athletes who sustained major injuries or have medical illnesses during the interim, i.e., the time that elapses between the two examinations, should be recycled into the physical examination program at the start of the next school year, no matter what grade they are in.

An interim health history should be submitted by the student at the beginning of each school year and should be signed by the parent and reviewed by the school nurse. The interim health history should supply answers to the following questions:

- (1) Have there been any major injuries, surgery, or serious illnesses, since the last sports exam?
- (2) Is the athlete under the care of a physician or taking medicine now?
- (3) Does the athlete, his or her parents, or his or her physician feel that the athlete should be limited in sports participation?
- (4) Are there any new allergies?
- (5) Does the athlete wear glasses or contact lenses?
- (6) Has there been any chest pain, dizziness, or fainting since the last sports exam?
- (7) Females only - Has the athlete missed more than one menstrual period in the last six months?

If the answer to any of these questions is “yes”, then the school nurse can bring it to the attention of a physician and a decision can be made concerning whether the student athlete needs to have another complete physical examination, or not, before proceeding with the upcoming athletic school year.

Revised: July 12, 1995

LEGAL REFS.: M.R.S.A. 20:1013; 20:1133-1138; Title 22:459

**CROSS REFS.: IGDJ, Interscholastic Athletics
JEG, Exclusions and Exemptions from School Attendance
JHCC, Communicable Diseases**

Department of Public Schools, Augusta, Maine