

~~SHARING MEDICAL INFORMATION BETWEEN SCHOOL AND HOME~~**PHYSICAL EXAMINATION REQUIREMENT AND SHARING INFORMATION  
BETWEEN SCHOOL AND HOME****(Change title to make it easier to find physical exam information/policy)**

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 prescribe 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 Health Care 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 to provide treatment to correct or ameliorate health problems found.

**II. SCHOOL PROVIDED EXAMINATIONS**

Cape Elizabeth nursing staff conducts medical screening required by Maine law.

**III. STUDENT HEALTH HISTORY IN POWERSCHOOL**

A 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 Health History 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 ~~preseason~~ the season. Students will not be permitted to begin their sports season until the Health History 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 Health Care 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 IN GRADES  
7, 9 AND 11 PARTICIPATING IN MIDDLE SCHOOL AND HIGH SCHOOL  
SPORTS**

- A. Requirement: In order to be eligible to participate in a school sports program, all students entering grades 7, 9 and 11 are required to have record of a physical examination conducted within the same calendar year before the student's start of that grade. A Student Physical Examination Record form must be submitted to the school nurse documenting that physical examination. **The record must include the date the physical exam was done and specifying full clearance to participate in the athletic activity or indicate any necessary restrictions.**
- B. **In anticipation that the Covid-19 pandemic may reduce access to well-child visits; a medical note by a qualified health care provider stating extended medical clearance may be submitted. This extended clearance will permit**

participation for the full school year or as otherwise specified in the clearance.

- C. This Physical Examination Record is in addition to the Health History Form required of all students
- D. Submission Deadline: In order to allow time for review of the Physical Examination Record, the Record must be submitted no later than two weeks before the start of ~~preseason~~ **the season**. Students will not be permitted to begin their sports season until the Physical Examination Record has been reviewed by the school nurse.

#### VI. SHARING OF INFORMATION WITH SCHOOL STAFF

The 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.

CAPE ELIZABETH SCHOOL DEPARTMENT





Adopted: Recoded: Revised:

JJIAA- Student  
Sports-Concussions and Head  
Injuries  
JJJ- High School Co-Curricular  
and Extra-Curricular Activities  
Eligibility and Code of Conduct

March 14, 1995

June 1998

June 9, 2010 (Replaces originally  
named, Physical Exams of CE  
Students) June 14, 2011

December 9, 2014

