



ADMINISTRATIVE PROCEDURE

SAN DIEGO UNIFIED SCHOOL DISTRICT

NO: 6350

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CATEGORY: **Students, Welfare**

EFFECTIVE: **1-29-62**

SUBJECT: **Health Screening for Athletics**

REVISED: **10-04-2002**

A. PURPOSE AND SCOPE

1. To outline administrative procedures governing health screening for students who desire to participate in competitive interscholastic sports.

B. LEGAL AND POLICY BASIS

1. **Reference:** Board policy: F-2350, H-7400; Education Code Sections 49400-49402, 49450, 49451.

C. GENERAL

1. **Originating Office.** Suggestions or questions concerning this procedure should be directed to the Athletics/Physical Education Office, Institute for Learning.
2. Students participating in athletics, including spring practice, must have a health screening examination at least once every twelve months. *In addition:*
 - a. Any student incurring a significant injury during the period between one annual examination and the next must be cleared by a licensed physician before returning to participate in any sport.
3. Health screenings are designed to reveal overt or gross health defects and are not intended to diagnose less obvious health problems that may exist. Complete physical examinations by personal physicians are highly recommended.
4. Examinations may be done by a physician or nurse practitioner. Usually a specific time is reserved for team health screenings of all team members and prospective members. Parents/guardians of students not screened at the scheduled time may contact the coach who will arrange for health screening.
5. Private physician may do a complete physical or health screening examination and fill out school-provided form. Availability of team health screening in no way preempts the use of a personal physician.
6. A nurse practitioner may conduct health screenings of team members and prospective members.

7. Students found to have health defects requiring treatment or further investigation may be referred to their private physicians or to a clinic. Students impaired by a serious health defect should be withheld from participation in sports until the defect is corrected.
8. An annual physical examination is required of all students who participate in the interscholastic athletics program. Participation includes tryouts, practice, and competition between schools.
9. Those students who have religious beliefs that preclude them from submitting to a physical examination may be exempted from the annual examination if they submit a statement and waiver which is approved in form and content by the Office of General Counsel, Office of the Superintendent.

D. IMPLEMENTATION

1. **Coach or School Physical Education Department Staff**
 - a. **If screening while school is in session:** At least one week prior to screening date, provides nurse/physician with list of students to be examined.
 - b. **If screening before school opens:** Notifies nurse/physician at least one month in advance; provides nurse/physician with list of students to be examined.
 - c. **If nurse cannot attend or is not available:** Arranges convenient time and place for screening procedure; makes appointment with physician to visit at that time.
2. **Nurse/Physician**
 - a. Upon receipt of list of students to be screened, arranges time and place for screening; assembles necessary forms and health records.
 - b. Screens students and completes school-provided physician's statement form for students who qualify; provides coach with names of students who do not qualify.
 - c. Refers students having health problems requiring treatment or further investigation to their physicians or to clinics.
 - d. Refers students absent at time of scheduled screening to be examined by appointment with team, private, or school physician, or by nurse practitioner.

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e. Makes significant notations on appropriate student health records.

E. FORMS AND AUXILIARY REFERENCES

F. REPORTS AND RECORDS

G. APPROVED BY



Chief of Staff, Terrance L. Smith
For the Superintendent of Public Education