



ADMINISTRATIVE PROCEDURE

CATEGORY: **Students, Welfare**

SUBJECT: **Health Screening for Athletics**

A. PURPOSE AND SCOPE

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

2. **Related Procedures:**

Interscholastic athletics program eligibility requirements	4172
Sports currently approved	4176
Eligibility for participation in co-curricular and extracurricular activities	4350

B. LEGAL AND POLICY BASIS

1. **Reference:** Board policy: F-2350, H-7400; Education Code § 32221.5, 49400-49402, 49450, 49451.

C. GENERAL

1. **Originating Office.** Suggestions or questions concerning this procedure should be directed to the PE/Health/Athletics Department, Instructional Support Services Division.

2. An annual physical examination is required of all students who participate in the interscholastic athletics program. Participation includes tryouts, practice, and competition between schools. *In addition:*

a. Any student incurring a significant injury, concussion or surgery 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 conditions and are not intended to diagnose less obvious health problems that may exist. Complete physical examinations by personal physicians prior to participation in athletics are highly recommended.

4. Examinations may be performed by a physician or nurse practitioner.

5. Students found to have health conditions requiring treatment or further investigation may be referred to their private physicians or to a clinic. Students impaired by a serious health condition should not participate in sports until the condition is corrected and the student is cleared to participate by a licensed physician.

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6. As a convenience to students and their parents/guardians, schools may offer a specific on-site time to provide an opportunity for health screenings of all team members and prospective team members. Parents/guardians of students not screened at the scheduled time may contact the coach who will arrange for a make-up health screening. This opportunity provides a convenient way for students to meet the health screening requirement *at no cost to the student*.
- a. In lieu of the site-scheduled health screening opportunity, qualifying students may obtain a free physical examination through the State of California Healthy Families Program (800-880-5305), the County of San Diego Health and Human Services Child Health and Disability Prevention Program (800-675-2229), or via Medi-Cal (866-262-9881). The examining physician or nurse practitioner must complete the school-provided form.
 - b. In lieu of the site-scheduled health screening opportunity, students may obtain a physical examination through a private physician. The examining physician must complete the school-provided form.
7. Students who have religious beliefs that preclude them from obtaining a physical examination may be exempted from the annual examination by submitting a statement and waiver approved in form and content by the SDUSD Legal Services Office.
8. California Education Code section 32221.5 requires school districts to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. The insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses.
- a. Qualifying students may enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by contacting:
 - (1) Healthy Families Program, 800-880-5305 or www.healthyfamilies.ca.gov
 - (2) Medi-Cal, 800-541-5555
 - (3) San Diego Kids Health Assurance Network (SD-KHAN), 800-675-2229, www.sdcounty.ca.gov, 3851 Rosecrans St., Suite 522, San Diego, CA 92110-3115
 - (4) Child Health and Disability Prevention Program (free medical and dental examinations for homeless or foster youth), 619-692-8808

D. IMPLEMENTATION

1. Coach or School Physical Education Department Staff

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- a. **If providing a site-scheduled health screening opportunity while school is in session:** At least one week prior to the health screening date, provides nurse/physician with list of students to be examined.
 - b. **If providing a site-scheduled health screening opportunity before school opens:** Notifies nurse/physician at least one month in advance of the health screening date; 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 health screening opportunity; makes appointment with physician to visit at that time.
 - d. Ensures that all team members and prospective team members and their parents/guardians are aware of all opportunities to meet the health screening requirement as outlined in Sections C.6 and C.7.
 - e. Works with any student who cannot obtain the required health screening via the options outlined in Sections C.6 and C.7 on a case-by-case basis to determine alternative methods for obtaining the health screening *at no cost to the student*.
2. **Nurse/Physician**
- a. Upon receipt of list of students to be screened, arranges time and place for health screening opportunity; 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 with health conditions requiring treatment or further investigation to their physicians or to clinics.
 - d. Refers students absent at time of site-scheduled screening opportunity to be examined by appointment with team, private, or school physician, or by nurse practitioner *at no cost to the student*.
 - e. Makes significant notations on appropriate student health records.

E. FORMS AND AUXILIARY REFERENCES

1. California Interscholastic Federation (CIF) Constitution and Bylaws, Section 308, available online at www.cifstate.org/governance/constitution_bylaws/intex.html

F. REPORTS AND RECORDS

SUBJECT: **Health Screening for Athletics**

NO: **6350**

PAGE: **4 OF 4**

EFFECTIVE: **1-29-62**

REVISED: **8-13-12**

G. APPROVED BY



General Counsel, Legal Services
As to form and legality

H. ISSUED BY



Chief of Staff