



Health Examination Guidelines
for Schools
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The University of the State of New York
The State Education DfD

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permitted to practice in the state without a NYS license, and who are therefore able to perform a health examination and produce a health certificate to be submitted to NYS schools,

Purpose of the Health Examination

Health Certificates

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4. Comprehensive medical, developmental, and psychosocial history ±This in-depth history is taken when a student is referred to the Committee on Special Education or is having academic or recurrent behavior problems.

Screening procedures ±A Body Mass Index (BMI)/Weight Status Category (WSC) is required to be documented on the health appraisal or certificate (Education Law §§903,904). These additional evaluations should also be included as components of a health examination:

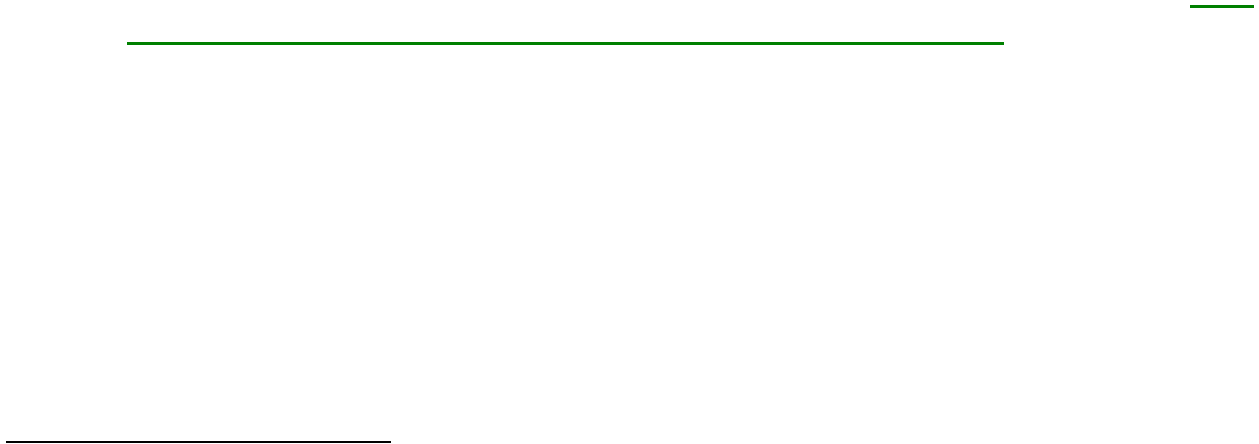
xMandated screenings

- o Vision (required in grades PreK or K, 1, 3, 5, 7, & 11);
- o Hearing (required in grades PreK or K, 1, 3, 5, 7, & 11); and
- o Scoliosis (required in grades 5 & 7 for females, and grade 9 for males).²

xBlood lead level (required in grades Pre-K and K);

xBlood pressure;

xDiabetes screening - Consider for all students with BMI > 85th percentile meeting two or more of the



7th and 8th graders who are seeking a waiver to be permitted to participate in high school level interscholastic athletics, or high school students seeking a waiver to participate in lower-level interscholastic athletics. See: [Athletic Placement Pr](#)

Placement Pr

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Musculoskeletal ± Muscle mass, tone and strength, general body size and symmetry; spine, posture; station and gait; extremities, joints; range of motion.

Neurological ± mental status, speech/language, balance/coordination, motor, sensory, and reflexes as needed.

Health Counseling

Health conditions, whether minor or major, may be of deep concern to the individual. On-site health counseling directly related to the identified issue, concern, or symptom is most effective. Printed information sheets on age appropriate topics can be useful. Students and parents/guardians can be helped to identify sources for follow up care. Ideally, school

Referral

Documentation

are covered under the Family Educational Rights and Privacy Act (FERPA). Circulating protected health information lists, such as health diagnoses of students to all personnel, is not in compliance with FERPA. Best practice is that the medical director or school nurse discuss pertinent student health information with administration, who will then determine the school personnel who need to know

Religious Exemption

Employment of Minors

Physical Education Program

The physical education (PE) program includes physical education classes and may also include options for students to participate in athletic programs (a.k.a. sports) such as intramurals, extramurals, and club sports. Health examinations for school attendance in PE are required to determine whether a student can participate fully in physical activities.

Requirements

Health Examinations Director of School Health Services Approval for Athletics

Boards of education are required to ensure that their schools are prepared to provide adequate health examinations before participation in strenuous activity and periodically throughout the season, if necessary, and that procedures are in place to ensure no students participate in sports without the approval of a school medical officer. [BPP/LVR/BJD/W/R/Q] (e)

Concussions

A school shall require the immediate removal of any pupil who has sustained, or who is believed to have sustained, a traumatic brain injury. In the event that there is any doubt as to whether a pupil has had a concussion, it must be presumed that the pupil has been injured until otherwise. [BPP/LVR/BJD/W/R/Q] regulations §136.5(d)(1)] No such pupil shall resume any activity until the pupil has been symptom free for less than twenty-four hours. [BPP/LVR/BJD/W/R/Q] >iAi5451'867d:08i:et

& R P P L V V Regulations 136.9 provide definitions and requirements for students removed from activities:

Athletic activities mean participation in sessions for instruction and practice in skills, attitudes and knowledgeu02* n BT 12 /TT2 1 Tf 12 0 0 12 148.22 653.26 Tm [(kn)-3 (o)-3 (wl)4 (e)74.8

Physical Education (PE)

physician, and receive approval from the medical director. Such authorization(s) must be filed in the CHR. Please see [Guidelines for Concussion Management in Schools \(nysed.gov\)](https://www.nysed.gov/health/school-health-services/guidelines-for-concussion-management-in-schools) for more information.

Sudden Cardiac Arrest

E \ & R P P L V V L R Q H U S M 3 6 0 H a n y S t u d e n t A t h l e t e who displays signs and symptoms of pending or increased risk of SCA must be immediately removed from athletic activity and not resume the activity until they have been evaluated by and received written clearance from a physician.

Signs and symptoms that may indicate pending SCA:

- Fainting or seizure, especially during or right after exercise or with excitement or startle
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

See *Managing Emergency Health Care and Communicable Diseases in the School Setting* on [NYSED:SSS:School Health Services](https://www.nysed.gov/health/school-health-services) webpage for more information on planning for and responding to emergencies such as SCA.

Limitations to Participation

An athlete may not be approved to participate by the medical director due to an incomplete health examination, due to a health impairment, or the maturation level for students participating in the Athletic Placement Process only.

Whenever there is disagreement between a private healthcare provider and the district medical director, efforts should be made by both parties to come to agreement for the health and safety of the student athlete. In these cases, primary concern should be on allowing an athlete to participate to the fullest level of their potential safely, and neither the demands of parents, athletes, or coaches should confound that focus.

Resources

[American Academy of Pediatrics- Medical Conditions Affecting Sports Participation](#)

[Bright Futures/American Academy of Pediatrics Toolkit](#)

[New York State Center for School Health](#)

[New York State Education Department - Physical Education](#)

[New York State Education Department - School Health Services](#)

[New York State Public High School Athletic Association \(NYSPHAA\) - NYSPHAA Handbook](#)