

Students

Exemption from Physical Education

In order to be excused from participation in physical education, a student must present an appropriate excuse from his or her parent/guardian or from a person licensed under the Medical Practice Act. The excuse may be based on medical or religious prohibitions. An excuse because of medical reasons must include a signed statement from a person licensed under the Medical Practice Act that corroborates the medical reason for the request. An excuse based on religious reasons must include a signed statement from a member of the clergy that corroborates the religious reason for the request.

Special activities in physical education will be provided for a student whose physical or emotional condition, as determined by a person licensed under the Medical Practice Act, prevents his or her participation in the physical education course.

State law prohibits the Board from honoring parental excuses based upon a student's participation in athletic training, activities, or competitions conducted outside the auspices of the District.

A student who is eligible for special education may be excused from physical education courses in either of the following situations:

1. He or she (a) is in grades 3-12, (b) his or her IEP requires that special education support and services be provided during physical education time, and (c) the parent/guardian agrees or the IEP team makes the determination; or
2. He or she (a) has an IEP, (b) is participating in an adaptive athletic program outside of the school setting, and (c) the parent/guardian documents the student's participation as required by the Superintendent or designee.

A student requiring adapted physical education must receive that service in accordance with his or her Individualized Educational Program/Plan (IEP).

A student in grades 9-12, unless otherwise stated, may submit a written request to the Building Principal to be excused from physical education courses for the reasons stated in 6:310, *High School Credit for Non-District Experiences*; *Course Substitutions*; *Re-Entering Students*.

Students in grades 7 and 8 may submit a written request to the Building Principal to be excused from physical education courses because of his or her ongoing participation in an interscholastic or extracurricular athletic program. The Building Principal will evaluate requests on a case-by-case basis.

The Superintendent or designee shall maintain records showing that the criteria set forth in this policy were applied to the student's individual circumstances, as appropriate.

Students who have been excused from physical education shall return to the course as soon as practical. The following considerations will be used to determine when a student shall return to a physical education course:

1. The time of year when the student's participation ceases;
2. The student's class schedule; and
3. The student's future or planned additional participation in activities qualifying for substitutions for physical education as outlined in Policy 6:310, *High School Credit for Non-District Experiences*; *Course Substitutions*; *Re-Entering Students*.

Atlanto-Axial Instability

According to physicians who specialize in treating health problems associated with Down Syndrome, most children with Down Syndrome have a slightly increased laxity of ligaments involving the top

bones of the neck. Ordinarily, this is not a source of difficulty. However, in a number of these individuals this movement between the first and second cervical vertebrae is abnormally large and can lead to pressure on the spinal cord causing weakness, paralysis or, in a severe case, death. Although medical knowledge about the course of Atlanto-Axial instability and the frequency of its occurrence is incomplete, the condition can be detected through x-ray views of the full extension and flexion of the neck. It is recommended that individuals with Down Syndrome have this type of examination for Atlanto-Axial instability by a physician familiar with the condition or who has been briefed concerning it. It is also recommended that persons who have or may have Atlanto-Axial instability avoid activities, which by their nature entail stress to or radical flexing of the upper spinal area.

Temporary Restriction on Participation in Certain Activities

For the aforementioned reasons, it is the policy of the District to restrict a student with Down Syndrome from participating in the following activities until he or she has received an x ray examination and physician's report stating that the individual does not have Atlanto-axial instability. This will be required upon entrance to school. If the x ray is negative, it shall be repeated at age five (5).

Restricted Activities

- Gymnastics
- Diving
- Butterfly stroke and diving starts in swimming
- High jumping
- Soccer
- Warm-up exercises placing pressure on head and neck area, including lifting any heavy objects above chest level.

Students with Down Syndrome may continue, with parental or guardian approval, to participate in other programs and activities.

Permanent Restriction on Participation in Certain Activities

If a student has been diagnosed as having an Atlanto-axial instability, the condition shall be noted on his/her medical release form provided to the District, and the student will be restricted permanently from participating in the activities listed above. Responsibility for allowing the student to participate in other District activities shall remain with the student's parent or guardian.

LEGAL REF.: 105 ILCS 5/27-6.
225 ILCS 60/, Medical Practice Act.
23 Ill. Admin. Code §1.420(p) and §1.425(d), (e).

CROSS REF.: 6:60 (Curriculum Content), 6:190 (Intramural and Interscholastic Programs),
6:310 (High School Credit for Non-District Experiences; Course Substitutions;
Re-Entering Students), 7:100 (Student Health Services and Regulations)

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