



## PHYSICAL REQUIREMENTS

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In accordance with **Massachusetts General Law 105 CMR 200.00 Section 100**, every child registered in Massachusetts public school must be examined by a physician at intervals of three or four years. **A physical exam is required for all 9th grade students enrolled at Greater Lowell Technical High School.** Please submit documentation from your health care provider to the school nurse. All students participating in athletics must have a current physical examination on file with the school nurse prior to the beginning of practice of the sport they are participating in. Students are encouraged to see their own physician; however, the school physician is available for sports physicals. Preregistration and parental consent are required.

The Department encourages in-person physical examination of all students, when possible, to help detect physical and developmental abnormalities. However, given that the current public health emergency has created delays at many medical offices and increased the use of telemedicine, the Department recommends the following flexibility in timing and modality of physical examinations for all other students during the public health emergency:

- A telemedicine well-child visit may be substituted for an in-person physical exam for the purposes of school attendance (with exceptions noted above). Video telemedicine visits are preferred over phone-only visits. However, a telemedicine well-child visit may not substitute for an in-person physical exam if the physical exam on file is older than four years.
- For students submitting documentation of a recent in-person physical exam:
  - o For elementary and high school students (typically, 4th and 10th grade), the exam may be conducted up to two years before or within 120 days of school start.
  - o For middle school students (typically, 7th grade), the exam should be conducted one year before or within 120 days of school start.
- For all students, exclusion from school for lack of documentation of a well-child visit during the 120-day grace period is discouraged.

**An in-person physical exam is required for the following groups of students:**

- For students entering school for the first time (typically pre-kindergarten or kindergarten), an in-person physical exam should be conducted one year before or within 90 days of school start. Excluding students from school for lack of documentation of an in-person physical exam during the 90 day grace period is discouraged.
- A student transferring from another school system shall be examined following the school entry recommendation for students entering school for the first time, listed above.
- **For students seeking to participate in athletics, an in-person physical exam should be conducted annually prior to a student's participation in competitive athletics. Students who have not had this in-person exam should not be excluded from school, but may not participate in competitive athletics.**