

Student Athletic Participation

1. Athletic Insurance

The district shall require all students who participate in interscholastic athletics to be covered by accident insurance. If a student is covered by any plan other than that made available through the district, he or she must provide proof of the coverage to the school and file a request signed by the parent that the district waive the accident insurance requirement.

2. Physical Examination for Athletics

All middle and high school students who participate in interscholastic athletics competition must have physical examinations performed by a physician possessing an unrestricted license to practice medicine, a licensed physician assistant, a certified nurse practitioner or a chiropractic physician prior to participation. The examination should be performed no earlier than May 1 of the preceding school year.

Students who continue to participate in extracurricular sports in grades 7 through 12 shall be required to complete a physical examination once every two years, thereafter.

Students are required to submit to the district an Annual Interval History Form prior to their participation. This form is to be completed and signed by a parent, giving permission for the student to participate and indicating his/her responsibility for insurance coverage. The district shall require a student to have an additional physical examination if he/she is diagnosed with a significant illness or has had major surgery, prior to further participation in extracurricular sports.

New students entering at any grade level will be required to have physical examinations before participating in interscholastic sports.

3. Gym Attire

School District 4J does not require that a specific style of uniform be worn by students in physical education classes but does recommend attire which meets standards of safety and freedom of action. Business establishments are therefore requested not to advertise gym clothing as “required” or “official.”

END OF POLICY

Legal Reference(s):

[ORS 326.051](#)
[ORS 332.075 \(e\)](#)
[ORS 332.107](#)
[ORS 336.479](#)
[ORS 339.430](#)

[OAR 581-021-0034 to -0035](#)
[OAR 581-021-0045 to -0049](#)
[OAR 581-022-1680](#)

Title IX of the Education Amendments of 1972, 20 U.S.C. Sections 1681-1683; 34 CFR Part 106 (2000).
2000-2001 OSAA Handbook, Oregon School Activities Association (July 2000).