

**SIA HEALTH SERVICES**

777 E Magnesium Rd. Spokane, WA 99208 - (509) 209-8730 - Fax (509) 321-9650

**ACTIVITY RESTRICTIONS AT SCHOOL (Secondary)**

Student Name: \_\_\_\_\_ School: \_\_\_\_\_

Condition: \_\_\_\_\_ Grade: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Please **CHECK** the Sports or Activities this student **CAN** participate in at school:

- \_\_\_ Aerobics
- \_\_\_ Archery
- \_\_\_ Badminton
- \_\_\_ Basketball
- \_\_\_ Bicycling
- \_\_\_ Climbing wall
- \_\_\_ Dodgeball/Battleball
- \_\_\_ Eclipse ball
- \_\_\_ Fitness Testing:

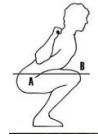
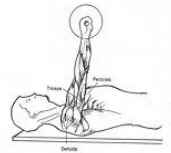
- Weights
- Mile
- 50 yd Dash
- Shuttle Run
- Sit and Reach
- Flexed Arm Hang
- Standing Long Jump
- Push Up Test

- \_\_\_ Floor Hockey
- \_\_\_ Football, Touch or Flag
- \_\_\_ Frisbee
- \_\_\_ Golf
- \_\_\_ Gymnastics
- \_\_\_ Handball
- \_\_\_ Kickball

- \_\_\_ Lacrosse
- \_\_\_ Pickle ball
- \_\_\_ Rope Jumping
- \_\_\_ Running
- \_\_\_ Sit Ups
- \_\_\_ Stretching
- \_\_\_ Soccer
- \_\_\_ Softball
- \_\_\_ Team Games
- \_\_\_ Tennis
- \_\_\_ Volleyball
- \_\_\_ Walking

- \_\_\_ Free Weights:
- \_\_\_ Bench
- \_\_\_ Squat
- \_\_\_ Clean
- \_\_\_ Other: \_\_\_\_\_
- \_\_\_ Machine Lifts (Weights)

Bench Press Flat



Other Activities He/She **CAN** Participate In:

\_\_\_\_\_  
\_\_\_\_\_

Other Activities He/She **CANNOT** Participate In:

\_\_\_\_\_  
\_\_\_\_\_

Is incidental contact or accidental contact **prohibited** for the student? Yes / No

**If Yes:** Student will be exempt from P.E.

Other Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

