

**SIA HEALTH SERVICES**

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

**ACTIVITY RESTRICTIONS AT SCHOOL (Elementary)**

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

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

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

**PE Activities:**

- \_\_\_ Archery
- \_\_\_ Basketball
- \_\_\_ Bowling
- \_\_\_ Capture the Flag
- \_\_\_ Dance or Rhythmic Skills
- \_\_\_ Field Events
  - \_\_\_ Javelin
  - \_\_\_ Shot-put
- \_\_\_ Field Hockey
- \_\_\_ Floor Hockey
- \_\_\_ Football, Touch or Flag
- \_\_\_ Gymnastics
- \_\_\_ Handball
- \_\_\_ Lacrosse
- \_\_\_ Push Ups
- \_\_\_ Race Walking
- \_\_\_ Racquetball
- \_\_\_ Relays
- \_\_\_ Rope Jumping
- \_\_\_ Running
- \_\_\_ Sit Ups
- \_\_\_ Soccer
- \_\_\_ Softball
- \_\_\_ Swimming
- \_\_\_ Track
- \_\_\_ Ultimate Frisbee
- \_\_\_ Volleyball

**Recess Activities:**

- \_\_\_ Basketball
- \_\_\_ BUMP (trying to shoot the most hoops)
- \_\_\_ Chicken Bars
- \_\_\_ Fly Up Football: Tossing the football to a group of kids who try and catch it.
- \_\_\_ Football, Touch or Flag
- \_\_\_ Foursquare
- \_\_\_ Shooting Hoops (not playing on a team)
- \_\_\_ Soccer
- \_\_\_ Swings
- \_\_\_ Tetherball
- \_\_\_ Tossing a football back and forth between two people
- \_\_\_ Wall Ball: Use a tennis ball and throw it against the wall and a kid tries to catch it.

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.

Additional Info: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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