

**Skyline High School**

1122 228th Avenue SE, Sammamish, WA 98075-9509

phone: (425) 837-7700 • fax: (425) 837-7705

www.shs.issaquah.wednet.edu

**Keith Hennig,** Principal  **Ashley Landes**, Assistant Principal

**Will Paananen,** Assistant Principal

**Spenser Phelan**, Assistant Principal

**Alanah Baron,** Assistant Principal

SKYLINE HIGH SCHOOL PE: MEDICAL ACTIVITY EXCUSAL FORM

\*\*To be completed by a Health Care Provider\*\*

Name of Patient: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medical Condition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please excuse patient from this date \_\_\_\_\_\_\_\_\_ until this date \_\_\_\_\_\_\_\_\_

Activities the patient is able to be do during the time period of excusal listed above

\_\_\_\_ Unlimited walking and biking

\_\_\_\_ Unlimited running

\_\_\_\_\_\_ Can run only on certain surfaces/distance\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ Upper body exercise only

\_\_\_\_ Lower body exercise only

\_\_\_\_ Full activity without the use of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_Everything but contact activities

\_\_\_\_ Prescribed physical therapy that can be completed during PE class (attach a copy of exercises/therapy that may be completed during class time)

\_\_\_\_ No physical activity during the excused time

Other notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HCP Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

*For school use only:*

Does this note need to be copied and given to anyone else? (school nurse, athletic trainer, administrator, counselor, coach)

\_\_\_\_YES (please circle all that apply) \_\_\_\_NO \_\_\_\_Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date distributed: \_\_\_\_\_\_\_\_\_\_\_\_\_