**The Maryland School for the Blind**

M. D. & Parent

**PHYSICAL ACTIVITY FORM**

**School Year 2016-2017**

**Student Name**:  **Date of Birth**: 

**Adapted Physical Education** - All students have Adapted Physical Education as part of their curriculum. Please indicate below if there are any medical reasons for exception.

Adapted Physical Education

(Example: Age appropriate skill development, fitness & activities) **[ ]** No exception

Exception:

Adapted Aquatics **[ ]** No exception

Exception:

Adapted Recreation (Example: Skiing, Bowling, Horseback Riding) **[ ]** No exception

Exception:

**Extra-Curricular Activities**

MSB students compete against other visually impaired athletes in the Eastern Athletic Association for the Blind (EAAB) and occasionally other high schools from the surrounding area. Some of these activities are contact sports. A physical is required for all participation in these activities. The form for the physical exam is attached.

Cleared for participation in contact, competitive team sports (Example: Wrestling and Goalball)

 **[ ]** Yes **[ ]** No

Cleared for all other non-contact, competitive team sports (Examples: Swimming, Cheerleading,

Track/Field) **[ ]** Yes **[ ]** No

Physician’s Signature Date Physician Phone Number

Parent/Guardian Signature Date

* Swimming –Cushioned bumpers at each end of the pool to let swimmers know when they have reached the wall. Goggles required for all swimmers.
* Wrestling – Contact between both wrestlers maintained at all times.
* Cheerleading - Sequential/rhythmic movements, counting steps, forward rolls, minimal tumbling skills if/when applicable
* Track/Field – Distant runners run with a “guide runner” (sighted runner attached to the visually impaired runner by means of a tether held by both runners.) Runners competing in the dash events use “guide wires” and handles to navigate the distance. Counting steps and raised markers also aide the athlete in performing other events.
* Goalball – Goalball is a Paralympic team sport that is played exclusively by the visually impaired. All players are blindfolded during the game and use tactile markers on the floor to maintain their orientation. Goalball is a contact, fast pace game. Two teams of three players face each other on a court alternating rolling the ball and defending. The offensive team rolls the ball as hard as they can in an attempt to get the ball past the opposing players and across a goal line. The defensive team listens for the approach of the ball and attempts to block the ball with any part of their body from crossing the goal line. There are women’s and men’s teams, with no variations in equipment or rules.

CD/LB/MM/cic:5/2/16