



Connecticut Technical Education and Career System
Activity Restriction, Clearance to return to School, Trade & Athletics

Name: _____ Date of Birth _____ Trade/Technology _____ Grade _____

The Connecticut Technical Education and Career System's program is different than that of a traditional high school program and can be very physically demanding. Students in our high schools spend equal amounts of time in academics & trade/ technology classes. Students, depending on grade & trade/technology, are expected to climb ladders & scaffolding, work in tight spaces, lift heavy objects, operate machinery & power tools, work around electricity & open flame, run restaurants & work on construction jobs in the community. They may also be exposed to extremes of temperature, sanding dust, saw dust, masonry dust, exhaust fumes, chemicals & slippery conditions.

The student may return to school for a full day,
 shortened day other (please specify): _____

The student may participate **fully** in all: Trade activities
 PE activities intermural athletics interscholastic athletics

The student must tell the instructor when fatigued & may rest as needed

Please note activity limitations below, checking all that apply

Does the student have a concussion yes* no
***please attach a return to activity plan**

Restrictions/accommodations noted below will remain in effect:
 # days _____, # weeks _____, until follow up visit on _____
 permanently, the remainder of school year

Indicate food, metal or latex allergies: _____

If pregnant, EDC _____

May participate	May not participate	Please indicated which trade activities the student may or may not participate in.	May participate	May not participate	Please indicate what PE/Athletic activities the student may or may not participate in. * as defined by the American Academy of Pediatrics Committee on Sports Medicine & Fitness
		Using power tools/machinery			* Contact Sports: basketball, field hockey, diving, football, ice hockey, lacrosse, martial arts, rugby, soccer, team handball, wrestling
		Climbing ladders/scaffolding			
		Activities creating dust			* Limited Contact Sports: baseball, softball, cheerleading, high jump, pole vaulting, flag football, handball, racquetball, skiing, snowboarding, squash, ultimate Frisbee, volleyball, wall climbing
		Activities creating exhaust fumes or carbon monoxide			
		Standing for longer than _____ minutes			
		Wearing work boot(s)			
		Sitting for longer than _____ minutes			* Non-contact sports: archery, badminton, bowling, discus, javelin, shot put golf, swimming, table tennis, tennis.
		Activities involving bending			Aerobic fitness activities, i.e.: running, race walking, jump roping, dance
		Activities involving reaching			
		Handling food in culinary/baking			Walking (at own pace)
		Lifting over _____ lbs.			Abdominal strength & endurance activities, i.e.: curl-ups
		Working in confined spaces			Flexibility activities, i.e.: sit & reach
		Working on slippery surfaces			Yoga
		Working with hot objects			Upper body stretching/strengthening
		Working in a very hot environment			Lower body stretching/strengthening
		Working in a very cold environment			Score Keeper
		Working in direct sunlight			Equipment manager
		Use of latex gloves			

For food allergic student: May student participate in culinary & baking activities? yes no

Assistive equipment /accommodations needed: wheelchair crutches elevator keyboard extra passing time
 2 sets of books buddy special transportation (specify) _____ Other: _____

Please return this form to: [Click here to enter text.](#)
Phone: [Click here to enter text.](#) **Fax:** [Click here to enter text.](#)

Printed Name or stamp: _____

Health Care Provider's Signature: _____

Date form completed: _____ **Phone #:** _____

Notes: _____