



**Orange County Public Schools**  
**Notification and Instructions for Physical Education Waiver**  
**Interscholastic Sports**  
(Revised 07/2018)

Please read the following information to see if you qualify for waiver, prior to completing the waiver form.

**Interscholastic High School Extracurricular Sports:**

This waiver can only be used by performing student athletes who have participated in one interscholastic sport at the junior varsity or varsity level for two full seasons. This waiver shall satisfy the one credit HOPE requirement in physical education. ROTC is the only other extracurricular activity for which a waiver can be used. OCPS chose the HOPE option, therefore things like Marching Band do not apply.

Interscholastic extracurricular sports are interpreted as those sanctioned by the School Board of Orange County and/or approved by the Florida High School Activities Association (FHSAA).

**Full Season:**

A full season (in the FHSAA sport) is defined as attendance and participation in both the practices and competitive events from the allowable first day of practice as designated by the FHSAA to the elimination of a team from the FHSAA tournament competition. A minimum of 95% attendance at both practices and events will be required to meet this requirement. The high school coach must verify that the student has met these guidelines through the Athletic Director. The waiver form must be signed by the Athletic Director as well as the coach.

**Steps Student Needs to Take In Completing the Waiver Process:**

1. Secure forms from the school counseling department.
2. Read instructions carefully to see if they qualify.
3. Complete Sections I and II.
4. Have Athletic Director and Coach complete Section III **after** the first two sections are completed in full.
5. Return the completed waiver form to your school counselor to be reviewed for accuracy and to input waiver codes into academic transcripts.

**Attention Parents and Students:**

**Parents and students may elect to enroll in a HOPE Course at any time regardless of this waiver option.**

Topics covered in the HOPE course:

- Communication/Relationships
- Community and Environmental Health
- Family Life
- Injury Prevention and Safety
- Internet Safety
- Nutrition
- Mental and Emotional Health
- Personal Physical Health
- Prevention and control of Diseases
- Substance Abuse

# Interscholastic Sports Physical Education High School Waiver Request Form

(Revised 11/20/2017)

Directions: Read all notifications carefully. Complete the form after the sport seasons have been successfully completed.

## Section I

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

School Counselor at time of submission of form: \_\_\_\_\_

### Junior Varsity or Varsity Sports Completed:

Full Season 1 Sport: \_\_\_\_\_ Dates of Completed Season: \_\_\_\_\_

Full Season 2 Sport: \_\_\_\_\_ Dates of Completed Season: \_\_\_\_\_

### Parent/Student Statement of Understanding

#### Section II

- I understand that because I have participated for two full seasons in an interscholastic sport at the junior varsity or varsity level that I will not be required to take the one credit of HOPE.
- I understand that sports participation does not prevent me from taking physical education, and that I may elect to take HOPE and any approved Physical Education Elective for credit that will be applied to my GPA.
- I understand that I will not receive a grade or credit for the sport in which I participated. I will simply be granted a waiver for the HOPE graduation requirement. I understand the waiver of the physical education course does not affect the number of credits required for graduation and I must replace this course with an elective to meet the credits required for high school graduation.
- As a parent/legal guardian of the above named student, I understand and permit the school to waive the required one credit in Physical Education by participating in a high school sport for 2 qualified seasons

\_\_\_\_\_  
(Student's Name) (Please Print)

\_\_\_\_\_  
(Student's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent/legal guardian's name) (Please print)

\_\_\_\_\_  
(Parent/legal guardian's signature)

\_\_\_\_\_  
(Date)

### Coach/Administrator Verification

#### Section III

- I confirm above student has completed active participation as defined on previous page of 2 full seasons of junior varsity or varsity seasons of the approved interscholastic sports listed in section I and verify the dates of completion are accurate.

\_\_\_\_\_  
(Athletic Director Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
Coach's Signature

School Counseling Office Use Only:

Waiver # 1500410 INTERSCH SSN 1 –COM (completion of interscholastic sport season 1)

Waiver # 1500420 INTERSCH SSN 2–COM (completion of interscholastic sport season 2)

Date entered: \_\_\_\_/\_\_\_\_/\_\_\_\_ Initial by: \_\_\_\_\_ \*PE Exemption added to student academic history file for no credit.