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## Required Cardiopulmonary Resuscitation (CPR) Instruction

### 1. Are schools still required to provide hands-on CPR instruction to students this school year given remote instruction and social distancing requirements?

State law (TEC §28.0023) requires school districts and open-enrollment charter schools to provide instruction in cardiopulmonary resuscitation (CPR) to students in grades 7 through 12, and students must receive the instruction at least once before graduating from high school. If seniors in 2020-2021 have not received the required instruction in CPR, a school district may request a waiver of the requirement from the Commissioner. Steps for submitting a waiver request to the Commissioner can be found on **the Instructions for Submitting a CPR Waiver** document located on the TEA Coronavirus Support and Guidance webpage under [Waivers, Finance, & Grants](#).

### 2. Will the requirement for CPR training be waived for all 2021 graduates?

No. School districts and open-enrollment charter schools are required to provide CPR instruction to students in grades 7 through 12, and students must receive the instruction at least once before graduating from high school. Students who have already received CPR instruction have met the requirement. If seniors in 2020-2021 have not yet received the required instruction in CPR, a school district may request a waiver of the requirement from the Commissioner. Steps for submitting a waiver request to the Commissioner can be found on **the Instructions for Submitting a CPR Waiver** document located on the TEA Coronavirus Support and Guidance webpage under [Waivers, Finance, & Grants](#).

### 3. Can the required CPR instruction be completed virtually?

State law requires that the CPR instruction use “nationally recognized, evidence-based guidelines for emergency cardiovascular care and incorporate psychomotor skills to support the instruction.” Districts and charter schools that offer the required CPR instruction virtually must ensure they meet the statutory requirements.

**4. Is the CPR instruction required to include psychomotor skills if offered to students who are receiving remote instruction?**

Yes. State law requires that the CPR instruction use “nationally recognized, evidence-based guidelines for emergency cardiovascular care and incorporate psychomotor skills to support the instruction.” Districts and charter schools that offer the required CPR instruction virtually must ensure they meet the statutory requirements.

**5. Can parents opt their children out of the required CPR instruction due to COVID concerns?**

Schools are encouraged to work with parents on reasonable solutions to address safety concerns. Since students must receive the required CPR instruction at least once between seventh grade and the time they graduate from high school, a district has the option to defer the CPR instruction for students who are not yet seniors to a future school year. If seniors in 2020-2021 have not received the required instruction in CPR, a school district may request a waiver of the requirement from the Commissioner.

**6. How should school districts proceed if students refuse to complete the required CPR instruction due to COVID concerns?**

Since students must receive the required CPR instruction at least once between seventh grade and the time they graduate from high school and not every year, any student who is not a senior in the 2020-2021 school year may complete the instruction in a future school year. If seniors in 2020-2021 have not received the required instruction in CPR, a school district may request a waiver of the requirement from the Commissioner.

**7. Are schools required to have students report to school to demonstrate their compressions and breathing skills?**

No. State law requires that the CPR instruction must use “nationally recognized, evidence-based guidelines for emergency cardiovascular care and incorporate psychomotor skills to support the instruction.” There is no specific requirement that students demonstrate proficiency in compression and breathing skills.

## Physical Fitness Assessment (FitnessGram) Requirements

**1. Will the requirement that districts report physical fitness assessment data be suspended again this school year?**

The governor’s suspension of the physical fitness assessment requirements in TEC §38.101-§38.103 applied only for the 2019-2020 academic year. Any further suspension of existing statutes would require action by the Texas Legislature. Pending action by the legislature related to the requirements, school districts and open-enrollment charter schools should plan accordingly to meet the physical fitness assessment requirements for the 2020-2021 academic year.

**2. Can districts request a waiver from the Commissioner from the physical fitness assessment requirements for the 2020-2021 school year?**

No. TEC §7.056 establishes that a school campus or district may not receive an exemption or waiver from the Commissioner for health and safety requirements in TEC, Chapter 38.

**3. Are students who are receive remote instruction still required to be tested under the physical fitness assessment?**

Yes. State law requires school districts and open-enrollment charter schools to annually assess the physical fitness of students in grades three and higher who are enrolled in a physical education course or substitute activity. The physical fitness assessment requirement applies to all students whether they are receiving instruction remotely or in person.

**4. Are students required to come to campus to be administered the physical fitness assessment?**

There is nothing in law or rule that limits the location of the physical fitness assessment or that guides who may administer the assessment. Consequently, school districts have the authority to determine where physical fitness assessments will occur, including using remote options.

**5. Does TEA have guidance for how to administer the physical fitness assessment components in a remote setting?**

Local districts and schools may determine that some or all of the assessment components may be assessed remotely. Schools are encouraged to provide detailed guidance to parents for how to conduct each component safely in a remote setting.

Schools implementing remote instruction when they would normally conduct physical fitness testing may wish to conduct some components of the physical fitness assessment in a virtual setting, and then complete the rest upon return to in-person instruction. If not all components are completed during the school year, schools should still report the data they have available for each student.

For additional information on the six components of the physical fitness assessment, see the Physical Fitness Assessment Initiative [Testing Information and Standards](#).

**6. How do we maintain social distancing while conducting the physical fitness assessments on campus? Can we administer only the components that don't require close contact?**

It is essential that schools adhere to social distancing and other safety protocols while conducting the physical fitness assessment. Most of the components permit the student and the individual administering the assessment to maintain six feet of distance. Teachers may need to implement solutions that permit them to measure some components from a distance. Additionally, it is critical that test administrators follow guidance on cleaning/disinfecting any equipment used during physical fitness testing. For additional information on the six components of the physical fitness assessment, see the Physical Fitness Assessment Initiative [Testing Information and Standards](#).

If a district or school determines that not all components can be safely completed during the school year, schools should still report the data they have available for each student by the deadline.

**7. Will the deadline to submit physical fitness assessment results be extended this school year?**

Yes. TEA has extended the deadline to submit physical fitness assessment data to August 13, 2021, to permit districts and charter schools additional time to gather and report the data.

**8. I understand that FitnessGram is not available this year. What is the mechanism districts can use to report physical fitness assessment data this year?**

At this time, TEA's physical fitness assessment initiative (PFAI) application will be used for districts and open-enrollment charter schools to submit physical fitness data. If another physical fitness data submission tool is selected and in place before the August deadline, information will be distributed to schools who wish to take advantage of that option.

**9. Are schools required to submit fall and spring fitness data?**

The decision to assess a student's physical fitness during the fall and spring is a local district decision. Schools are only required to submit physical fitness data to TEA once per year. The most recent assessment results should be reported.