


# UNIVERSITY ATHLETIC CLEARANCE INSTRUCTIONS

1. Visit [www.athleticclearance.com](http://www.athleticclearance.com)
2. **Create an account.** Click the “register” button to start an account. Use **PARENTS** email address and password.
  - *If you already have an account, you do not need to create another one. One account per family.*
3. Once logged in, SELECT the “Start Clearance Here” button (upper left corner) to get started.
4. **SELECT** year, school and sport. Choose 2020 – 2021 for the year, **University (CIF-SS)** for the school.
  - **Note:** At the end of the process you will have the option to select additional sports. Sign up for **ALL SPORTS** that student is participating in.
  - Student must have “**Cleared**” status for EACH sport they are participating in.
  - **DO NOT** sign up for every sport, only sports student is interested in.
5. **Section #1: Student information**
  - a. Complete all required fields.
  - b. Student ID: not required
  - c. Insurance: All Athletes are required to have insurance. (If you need to obtain insurance, please contact the athletics office for a list of resources.)
  - d. Upload Physical: You will need to scan/take a picture of your physical and then upload it from your own PC. Click “Save” to move on.

**\*\*\*Physicals must be dated & stamped AFTER May 1, 2020 to be accepted for the 2020 – 2021 school year\*\*\***

6. **Section #2:** Medical History. Complete all required fields.
7. **Section #3:** Parent/Guardian information. Complete all required fields.
8. **Step #4:** Signatures.
  - A. **Parent/Guardian Signatures:** Parent should read and “sign” all forms by typing FULL NAME in box – do not just initial
  - B. **Student Signatures:** Student should read and “sign” all forms by typing FULL NAME in box – do not just initial
  - C. Click Submit
9. A “**Confirmation**” page will generate that you must print out and both parent and athlete must sign. Submit this form prior to the first day of camp using one of the following methods:
  - Option 1.** Drop the form in the Athletics Dropbox in UHS’ main office. Check website for summer hours.
  - Option 2.** Email the signed form to [meredithkohl@iusd.org](mailto:meredithkohl@iusd.org)The Uni Athletics Office must process this form to have a student’s status changed to “Cleared”. Student **MUST** have “Cleared” status on [www.athleticclearance.com](http://www.athleticclearance.com) for the **current** school year prior to any participation in summer camp, try-outs or practices. You can check the status of your child’s athletic clearance by logging in to your account.

## **Uploading your Physical after creating an account:**

1. Login to [www.athleticclearance.com](http://www.athleticclearance.com)
2. In the “Physicals” column, click the yellow pencil. 
3. Where it says: “Upload Physical Form,” click the “Choose File” button
4. Find your physical form from where you saved it on your computer, click “open”
5. Click “save” button.
6. If you do not have a scanner, you can take a clear, large photo of your physical and upload this to your account.

Contact the UHS Athletics Office if you have questions at 949-936-7784 or [meredithkohl@iusd.org](mailto:meredithkohl@iusd.org).