



2015 – 2016

Southwest High School

ONLINE ATHLETIC CLEARANCE

Instructions for students registering for the 2015-2016 athletic season at Southwest High School in the Sweetwater Union High School District.

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Online Clearance. Easy as 1-2-3...

1. **VISIT** www.athleticclearance.com
2. **REVIEW** the tutorial video for a quick reference instructional guide.
3. **CREATE an account.** Click the "register" link to start an account. Provide a valid email address & password.

Note: It's important that you include a valid email address because email verification is required prior to registration.

If you do not receive a CONFIRMATION EMAIL, after creating an account, request help from your ASB or email support@home-campus.com.

4. Once you create an account you will have to **VERIFY** your account by reviewing your email and clicking on the link.

If the email is not in your inbox, make sure you check your junk or spam folder. After you click on the link, you will be able to start the clearance process.

5. Now **LOGIN** at www.athleticclearance.com using the username & password you created via the instructions above.
6. **SELECT** the "New Clearance" button (upper left corner) to get started.
7. **COMPLETE** any required fields for student information, educational history, medical history, consents and download physical.

8. **PRESS** submit and you have now completed the **first steps** of the clearance process. You will receive a **second email** for the next steps.

9. All of your data will be electronically filed with your school ASB.

***REMINDER:** Your school may send three emails over the course of this process. The first, is for email verification. The second is the request for a printed form and the third is a final approval of your completed clearance.*

10. After completing the online registration process, your ASB **requires** a **SIGNATURE FORM** for verification of consent, which will be available via an email to your personal account. This form must be printed, signed and returned to your school ASB along with your physical.

12. If you are participating in more than one sport, you will be required to register for your next sport using the same process at a later date.



Sweetwater Union High School District

1130 Fifth Avenue, Chula Vista CA 91911 619-585-6015

Sports/Co-Curricular Participation Screening Risk Assessment

STUDENT NAME: _____ BIRTHDATE: _____
 SCHOOL: _____ GRADE: _____
 ADDRESS: _____ HOME PHONE: _____
 FATHER'S WORK PHONE: _____ FATHER'S CELL PHONE: _____
 MOTHERS WORK PHONE: _____ MOTHER'S CELL PHONE: _____
 FAMILY DOCTOR: _____ DOCTOR'S PHONE: _____
 EMERGENCY CONTACT NAME: _____ RELATIONSHIP: _____
 EMERGENCY CONTACT HOME/CELL PHONE: _____

MEDICAL HISTORY - Please answer the following questions regarding your son/daughter.

1	Has had injuries requiring medical attention.	Yes	No
2	Has had an illness requiring hospitalization.	Yes	No
3	Has had coughing, wheezing, or trouble breathing during or after activity.	Yes	No
4	Has had asthma.	Yes	No
5	Have had seasonal allergies that require medical treatment.	Yes	No
6	Are you currently taking any prescription or non-prescription (over the counter) medications or pills or using an inhaler.	Yes	No
7	Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	Yes	No
8	Have you ever passed out during or after exercise?	Yes	No
9	Have you ever been dizzy during or after exercise?	Yes	No
10	Have you ever had chest pain during or after exercise?	Yes	No
11	Have you ever had racing of your heart or skipped heartbeats?	Yes	No
12	Have you ever been told you have a heart murmur?	Yes	No
13	Have you ever been told you have high blood pressure? * NO CAFFINATED DRINKS 4 HOURS PRIOR TO SCREENING*	Yes	No
14	Has any family member or relative died of heart problems or of sudden death before age 55?	Yes	No
15	Has a physician ever denied or restricted your participation in sports for any heart problems?	Yes	No
16	Have you ever had a head injury or concussion?	Yes	No
17	Have you ever been knocked out, become unconscious, or lost your memory?	Yes	No
18	Have you ever had a seizure?	Yes	No
19	Do you have frequent or severe headaches?	Yes	No
20	Have you ever had numbness or tingling in your arms, hands, legs, or feet?	Yes	No
21	Have you ever had a stinger, burner, or pinched nerve?	Yes	No
22	Is hearing impaired, has glasses/contact lenses. **MUST BRING CONTACTS/GLASSES TO SCREENING**	Yes	No

Please explain any "Yes" responses: _____

I have reviewed this medical history. In case of injury I hereby give consent for my son/daughter to have initial first aid administered by school personnel in charge and to be transported to a doctor or hospital for further treatment if necessary.

Parent Signature

Date: _____



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Parent Consent

STUDENT NAME: _____ SCHOOL: _____

I hereby give my consent for my son/daughter _____ to be given a Sport/Co-curricular Participation Screening Examination and (if indicated an EKG/ECHO CARDIOGRAM) by a team of Sports Medicine Specialists (Orthopedic Surgeon, Family Practitioner, Certified Athletic Trainers and Physical Therapist).

Date

Signature of Parent/Guardian

PHYSICAL EXAM

Height:	_____	Weight:	_____
Blood Pressure:	_____	Pulse:	_____
Vision (R):	_____	Vision (L):	_____
Flexibility/Posture:	<u>Normal</u>	<u>Abnormal</u>	
Upper Extremities	_____	_____	
RON Screens:			
Lower Extremities	_____	_____	
Scoliosis	NO	YES	
Comments:	_____		

ORTHOPEDIC EXAMINATION

<u>Upper Extremities</u>	<u>Normal</u>	<u>Abnormal</u>	<u>Lower Extremities</u>	<u>Normal</u>	<u>Abnormal</u>
Shoulder	_____	_____	Hip	_____	_____
Elbow	_____	_____	Knee	_____	_____
Wrist/Hand	_____	_____	Ankle	_____	_____
Spine	_____	_____	Foot	_____	_____
Comments:	_____				

PHYSICAL EXAMINATION

	<u>Normal</u>	<u>Abnormal</u>		<u>Normal</u>	<u>Abnormal</u>
Head & Neck	_____	_____	Cardiovascular	_____	_____
Eyes	_____	_____	Gastrointestinal	_____	_____
Ears/Nose & Throat	_____	_____	Genito-Urinary	_____	_____
Comments:	_____				

PHYSICIAN DETERMINATION

In my opinion this student:
 _____ is cleared for sports/co-curricular participation
 _____ Is NOT cleared for sports/co-curricular participation
 _____ Deferred

Physician: _____ M.D.

Date of Physical: _____

Comments on Screening Exams: _____

Comments on Medical History: _____

NOTE: Hospital, Clinic or Doctor's Stamp REQUIRED