Costa Mesa High School

Athletic Clearance 2019-2020

1. Pick up “Pre-participation Physical Evaluation History and Physical Forms” from the Athletic Office.
2. Get a Pre-Participation Exam and clearance from a medical doctor.
3. Go to www.AthleticClearance.com
4. Create an account. Parents will be asked for a valid email, username and password. (1 account per family, may have multiple students)
5. Complete required information
6. Upload your physical and a copy of your insurance card*
7. Print the Confirmation/Consent page after checking the boxes for each sport you will play; this is displayed just below the PRINT button
8. Parent/guardian and student sign it and turn in at the Athletic Office

*If you cannot upload your physical and insurance card, you may turn it in with your signed Confirmation/Consent Page.

To Be CLEARED:

You can turn in one thing:

- Confirmation Message – print, sign and return to the Athletic Office

Or you can turn in three things:

- Confirmation Message – print, sign
- Copy of Medical Insurance Card
- CHDP – Pre-participation Exam (physical)
  - Turn in all three at one time to the Athletic Office