



ALISO NIGUEL HIGH SCHOOL

2018-19 ATHLETIC CLEARANCE CHECKLIST



- 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.

- 4. Once you create an account you will receive a code (via email or on screen). Enter this code to continue the process.
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. **SELECT** the year **2018-2019**, Aliso Niguel High School, and also your **first season sport**.

*Note: **Multiple Sport Athletes:** You will have the option of choosing other sports at the completion of step #11*

- 8. **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 would like to obtain insurance, please contact the athletics office for a list of resources.)*

Note: You can upload a scan/picture of your insurance card and doctor's physical in this step.

- 9. **Section #2: Medical History.**
COMPLETE all required fields

- 10. **Section #3: Parent/Guardian Information**
COMPLETE all required fields

- 11. **Step #4: E-Signatures**
 - a. **Parent/Guardian Signature:** Initial all forms
 - b. **Student Signature:** Initial all forms
 - c. Click **SUBMIT**
(multiple sport athletes will select additional sports)

- 12. Upon completion of all steps you will be **emailed** a registration confirmation signature sheet from the **Athletic Department** that you will need to print out, sign and scan/take a picture of and email to our athletic trainer Lauren Mott at lemott@capousd.org

-To be cleared by the athletic office:-

- Complete registration steps online
- Upload physical and insurance card
- Email a picture/scan of signature confirmation page to lemott@capousd.org

YOU WILL NOT BE CLEARED UNTIL ALL OF THESE DOCUMENTS HAVE BEEN PROVIDED.

-Transfer Students- Each CIF section requires special forms when a student is transferring from one school to another. Make sure you are adhering to all of the eligibility and transfer rules.

**CAPISTRANO UNIFIED SCHOOL DISTRICT
2018-19 ATHLETIC CLEARANCE PACKET**

SPORTS: (fall) _____ (winter) _____ (spring) _____

Name _____ Grade in 2018-19 _____ Male _____ Female _____ Date of birth ____ / ____ / ____

Address _____ City & Zip Code _____ Phone _____

Father/Guardian _____ Work phone _____ Cell phone _____

Mother/Guardian _____ Work phone _____ Cell phone _____

Emergency Contact _____ Phone _____ Insurance _____

***I hereby give my consent for the above named student (son/daughter/ward) to compete in sports and to go with a representative of the school on any trips. In case of injury, you are authorized to have him/her treated.

SIGNATURE OF PARENT/GUARDIAN _____ Date _____

HEALTH HISTORY: TO BE COMPLETED BY PARENT BEFORE DOCTOR EXAM

<u>Any past or present:</u>	<u>Yes</u>	<u>No</u>		<u>Yes</u>	<u>No</u>
Problems with vision	_____	_____	Surgeries	_____	_____
Eyeglasses	_____	_____	Dental problems	_____	_____
Contacts	_____	_____	Braces	_____	_____
Problems with hearing	_____	_____	False teeth	_____	_____
Hearing aid.	_____	_____	Painful joints	_____	_____
Blacking out or fainting	_____	_____	Broken bones	_____	_____
Unconsciousness	_____	_____	Body part, date _____	_____	_____
Convulsions,	_____	_____	Knee or ankle problems	_____	_____
seizures	_____	_____	Require support/brace	_____	_____
Heart problems	_____	_____	Need for medication	_____	_____
			Name _____		
Rheumatic fever	_____	_____	Menstruation problems	_____	_____
Bleeding disorders	_____	_____	Hernias	_____	_____
Blood sugar problems	_____	_____	Asthma	_____	_____
Hypoglycemia	_____	_____	OTHER HEALTH ASPECTS THE DOCTOR		
Diabetes	_____	_____	AND SCHOOL SHOULD BE AWARE OF:		
Allergies- type _____			_____		
Bee or insect stings	_____	_____	_____		
Hospitalizations	_____	_____	_____		
Any history of chest pain with exercise?			_____	_____	_____
Any history of "racing" heart or skipped beats?			_____	_____	_____
Do you experience passing out, near passing out or unexpected tiredness during exercise?			_____	_____	_____
Any family history of sudden cardiac death in a family member under the age of 50?			_____	_____	_____
Any family history of Marfan's syndrome Or prolonged QT syndrome?			_____	_____	_____
Any history of temporary numbness or paralysis of both arms and/or legs following head/spine trauma?			_____	_____	_____
Any history of recent severe viral illness, infectious mononucleosis, or hepatitis?			_____	_____	_____
Any history of the following: absence of one kidney?			_____	_____	_____
males: absence of one testicle?			_____	_____	_____
Any history of blindness in one eye?			_____	_____	_____
Any current active skin infection?			_____	_____	_____

PHYSICAL EXAM: DATE _____ HEIGHT _____ WEIGHT _____

PULSE: RESTING _____ AFTER ACTIVITY _____ B.P. _____

EYES	_____	THROAT	_____	ABDOMEN	_____	ORTHOPEDIC	_____
EARS	_____	LYMPH GLANDS	_____	HERNIA	_____	SKIN	_____
TEETH	_____	THYROID	_____	POSTURE	_____	OTHER	_____
BRACES	_____	HEART	_____	MUSCLE TONE	_____		
NOSE	_____	LUNGS	_____	REFLEXES	_____		

Special doctor recommendations or restrictions _____

**I have examined the above student and do recommend that he/she is physically fit for full participation in sports.
(Must be signed by a PHYSICIAN, PHYSICIAN'S ASSISTANT or NURSE PRACTITIONER)**

Name of physician _____ M.D/DO/PA/NP Date _____ ****Physician's Office Stamp****

Signature _____ Phone _____

CAPISTRANO UNIFIED SCHOOL DISTRICT
ATHLETIC INSURANCE VERIFICATION

Education Code Section 32221.5. Under state law, school districts are required to ensure that all members of school athletic teams have accidental bodily injury insurance providing at least \$1500 of scheduled medical/hospital benefits. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling: 1(800)281-9799.

If you have at least \$1500, accidental bodily injury insurance, please fill out ITEM 1 below **(medical card required)**.
If you do not have accidentally bodily injury benefits for your son, daughter, or ward, please fill out ITEM 2 below.

ITEM 1 The athlete has accidental bodily injury insurance providing at least \$1500 of scheduled medical hospital benefits.

ATHLETE'S NAME

PARENT/GUARDIAN SIGNATURE

ITEM 1 PROOF OF INSURANCE IS REQUIRED

******PLEASE ATTACH A PHOTOCOPY OF
INSURANCE CARD HERE******

ITEM 2 The athlete does not have accidental bodily injury insurance required. YOU MUST COMPLETE APPROPRIATE MYERS-STEVENS & TOOHEY APPLICATION and mail directly to Myers-Stevens & Toohey & Co. Inc.

ATHLETE'S NAME

INTERSHOLASTIC
TACKLE FOOTBALL
9-12 GRADES

(SEE MYERS STEVENS BROCHURE FOR APPLICATION AND PRICING)

FULLTIME (2417) SCHOOL TIME
ACCIDENT PLAN

(BOTH PLANS COVER ALL INTERSCHOLASTIC SPORTS EXCEPT TACKLE FOOTBALL) DENTAL PLANS

(SEE MYERS STEVENS BROCHURE FOR APPLICATION AND PRICING)

*We have subscribed to Myers-Stevens & Toohey & Co., Inc for athletic insurance, which meet the limits requested.
(Myers-Stevens & Toohey & Co. Inc. will send verification of insurance to each school)*

Parent/Guardian Signature

Date

Sports Physicals

No appointment necessary—Walk Ins Welcome

\$40

South Coast Medical Group
will donate

\$20

of this fee back to
Aliso Niguel Athletics

**Support
Your Team**



Aliso Viejo, 5 Journey Suite 130 (next to the library)

949-389-8969

Mon-Fri 8am to 7pm

Sat. 9am to 3pm Sun. 10am to 3pm

www.ocfamilydocs.com

Name: _____ Consent / Patient Info
School: _____ Sport to donate to: _____

Parent Guardian Name: _____ Contact Phone Number: _____

Address: _____ City: _____ Zip: _____

I authorize South Coast Medical Group and it's associates to perform a sports physical on my child.

Parent Guardian Signature

Date

******Any minor not accompanied by a parent / guardian must have this form signed**