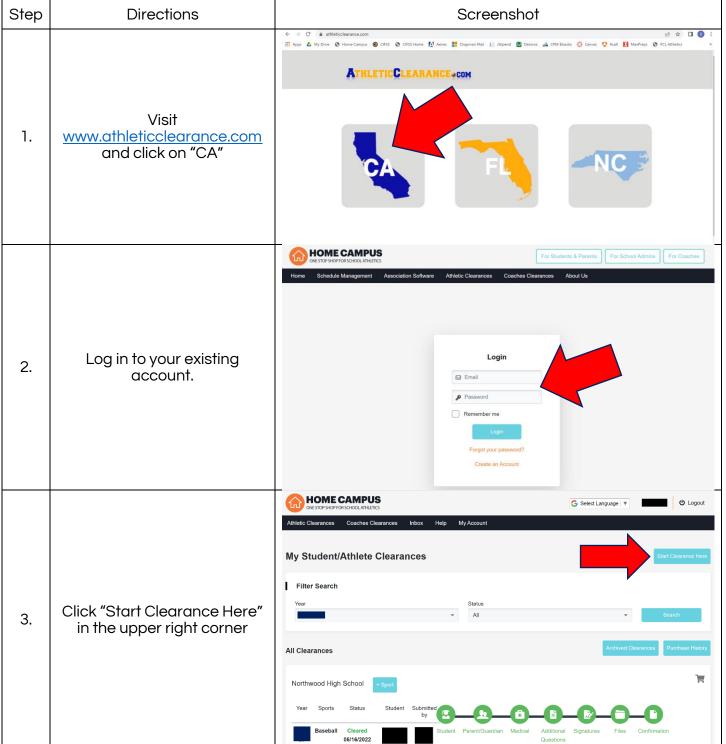
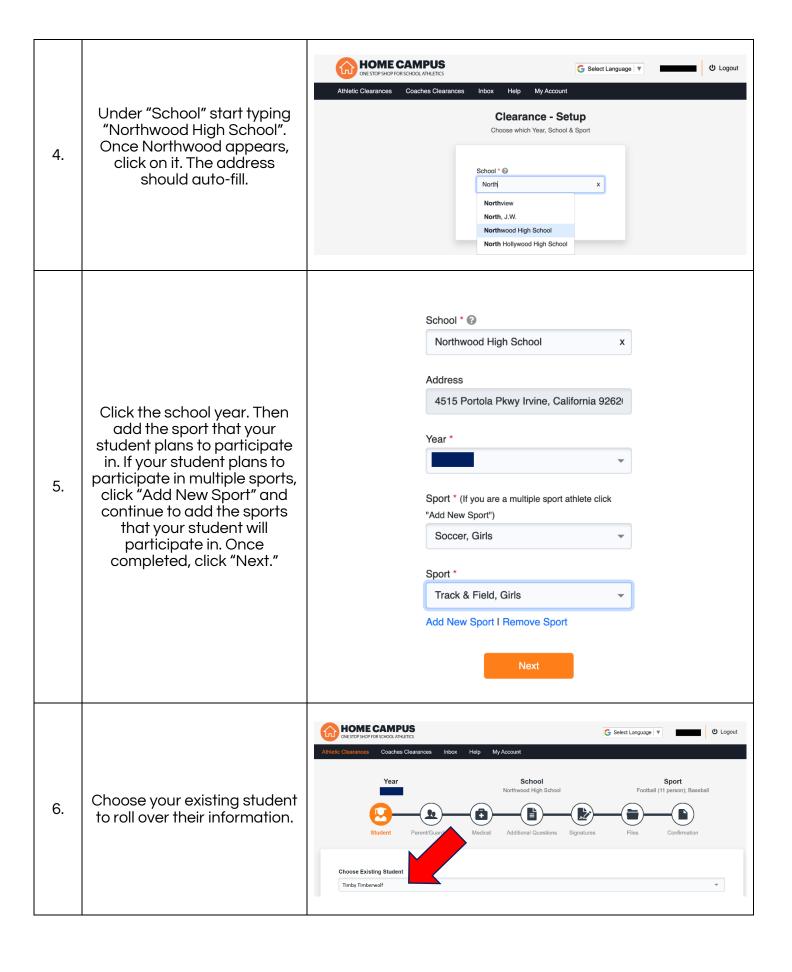
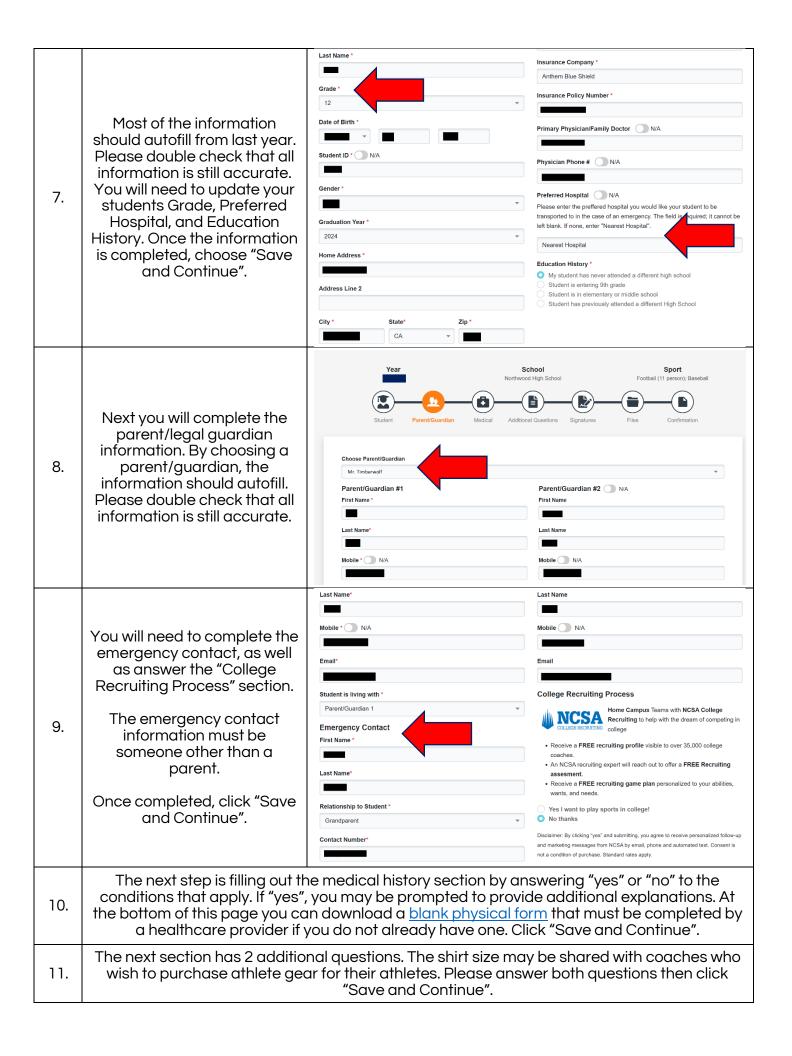


Athletic Clearance Instructions Returning Student-Athletes

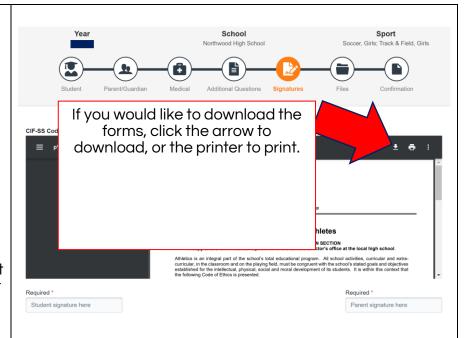








Next is the signatures section. In this section both the parent/quardian and the student will need to read the form(s) provided and type in their name on the line requesting an online signature indicating that you have read, understood, and will adhere to the corresponding text. Your signature is case sensitive and must be an exact match to the information that was entered on the Student and Parent Information Page (first and last name) or you will not be able to continue past this page. Once you have completed the signatures, click "Save and Continue".



The physical form must be filled-out and stamped by the healthcare provider who is conducting the physical. Physical forms are valid for 1 full year from the date of the exam.

If our physical from the previous school year is still valid, you can click "Choose Existing File" and reupload the up-to-date physical form.

Otherwise, please click the box to upload your completed physical under "Physical Form". If you need to add more than one file, you can click the box again to add another file.

Under "Proof of Insurance" you must upload a photo of your medical insurance card. If our insurance from the previous school year is still valid, you can click "Choose Existing File" and reupload the insurance card from your previous year. Then click "Submit Completed Application".

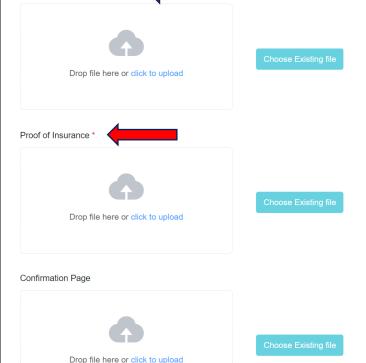
Files

Please upload the required forms for . The following 3 forms need to be uploaded to their account:

- Up-to-date and completed physical form by a healthcare provider
- Photo of medical insurance card
- Signed confirmation page

Physical Form * (Download File)

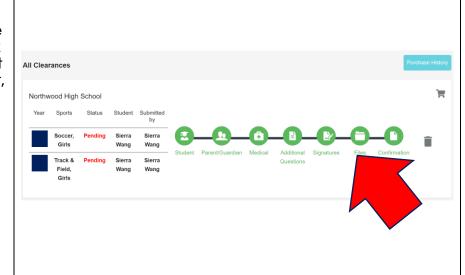
Please note that physicals expire $\boldsymbol{1}$ year from the date signed by the healthcare provider.



14.

12.

The confirmation page will appear. At the bottom of the confirmation message, click "Print". Sign this form, scan it and save it to your computer, then click "Back to Clearances". Once on the screen below, click "Files". Click the box under "Confirmation Page" to upload the signed confirmation page. Click "Submit Completed Application" then "Back to Clearances". And you are done!



You are NOT CLEARED to participate in Northwood Athletics until all of the above steps are completed and verified by the school and you receive an email indicating that your student-athlete is cleared. If you have any questions or concerns please email the Co-Athletics Directors or the NHS Athletics Secretary.

Sierra Wang	Co-Athletics Director	SierraWang@iusd.org
Erik Terry	Co-Athletics Director	ErikTerry@iusd.org
Carlie Chaulsett-Utley	Athletics Secretary	CarlieChaulsettUtley@iusd.org

15.