

UPLAND ATHLETIC CLEARANCE PACKET

The forms in this packet must be **FILLED OUT COMPLETELY** prior to any Upland student trying out for or participating in any sport or extra curricular activity.

1. **Emergency Card-** Please print all information on this card. Fill out the yellow card as completely as possible. List any allergies or health problems in the space provided. *Missing signatures will delay the student's eligibility.*
2. **Athletic Physical-** This form must be **signed by the physician and have the physician's stamp at the bottom**. Students must pass the physical and be cleared for athletic competition in order to become eligible. Physicals are only good for one school year (ex. A physical given in March will only be good through June). Another physical will be needed for the next school year. Please fill this form out completely and be specific for all answers. This needs to be turned into the athletic trainer with the rest of the packet.
3. **Athletic Acknowledgment of Risk-** Please read the entire form carefully.
4. **Insurance Affidavit-** All student athletes must obtain insurance coverage by their parent/guardian in order to participate in athletics. Please read carefully and only if you presently have the required insurance coverage for your son or daughter, sign the affidavit. However, if students are not covered by insurance see the Athletic Trainer or Athletic Director for additional information regarding purchasing student accident insurance.
5. **Athletic Code of Conduct-** Please read the entire form carefully and sign at the appropriate places. Both the parent and student must sign and date this form. *Missing signatures will delay the student's eligibility.*
6. **Steroid Prevention Affidavit-** Please read the entire form carefully and sign at the appropriate places. Both the parent and student must sign and date this form. *Missing signatures will delay the student's eligibility.*

All completed paperwork must be turned in to the athletic trainer. To avoid possible loss or misplacement, please present the packet directly to the athletic trainer and not to the administration office or your coach. **ANY AND ALL INCOMPLETE PAPERWORK WILL BE RETURNED TO THE STUDENT AND WILL RESULT IN A DELAY IN THE CLEARANCE PROCESS. PLEASE DOUBLE CHECK FOR POSSIBLE OMISSIONS.**