



## **HIRAM JOHNSON HIGH SCHOOL**

6879 14<sup>th</sup> Avenue – Sacramento, CA 95820

(916)395-5070

### **All Athletic Forms to be completed online**

### **Follow the instructions below**

#### **INSTRUCTIONS**

1. Visit Website: [www.AthleticClearance.com](http://www.AthleticClearance.com) (from smart phone or computer)
2. Create Username & Password (Watch YouTube Video Guide on website)
3. Login to the site.
4. Select “New Clearance”
5. Choose the school year in which the student plans to participate. This is the 2018-2019 school year.
- 6. For “School,” choose “Johnson/Sacramento (CIF-SJS)”**
7. Select the sport.
8. Complete all required fields for Student Information, Education History, Medical History and Signature Forms.

#### **MEDICAL CLEARANCE (Physical Form)–** (only form NOT done online)

1. Print Medical clearance form from website
2. Take to physical appointment and have it filled out, signed and stamped by the doctor
3. Scan or photograph the completed physical form and upload to your athletic clearance account.  
(If you cannot upload, please see your coach)

#### **FINAL CLEARANCE**

1. Website will indicate if you are ‘cleared’ (‘status’ will change to ‘cleared’)
2. You will receive an email indicating the status of your clearance.