

ATHLETIC CLEARANCE INSTRUCTIONS

ALL athletes must be cleared before they will be allowed to participate!

We have a “one and done” process.
Once you finish and your child has athletic clearance, he/she will
be cleared for ALL sports for the entire school year!

1) Go to AthleticClearance.com

- Choose (**pay special attention to which school you are choosing*):
 - The current school year
 - Tri-City Christian (for high school athletes)
- ***OR**
Tri-City Christian Junior High (for 5th-8th grade athletes)
- All sports
- Click submit...and begin!
- Complete all required fields online
- **PLEASE NOTE: ALL ATHLETES ARE REQUIRED TO HAVE MEDICAL INSURANCE.**

2) For HIGH SCHOOL Athletes ONLY:

***Sports Physical Form**

- If you are a HIGH SCHOOL ATHLETE, download the *Sports Physical Form* online at TCCS.org or pick one up in the athletic office.
- Make an appointment to get a sports physical with your doctor or a local clinic (CVS Minute Clinic or any urgent care).
- **Turn in your completed form to the athletic office or upload onto the athleticclearance.com site.**

3) After completing the above steps, the athletic office will have everything necessary to grant clearance...after which time you'll be ready for a great year of sports! 😊

If you have any questions about how to complete the athletic forms, feel free to contact the athletic office (kathy.giese@tccs.org or 760-806-8247 x325)