



## Bonita High School Athletic Clearance Process

The athletic clearance process for sports at Bonita High School is a two-step process. Athletes must complete each of the following steps in order to participate:

1. ✓ PreParticipation Physical Exam with an MD.
2. ✓ Online registration ([www.AthleticClearance.com](http://www.AthleticClearance.com))

**\*Athletes must turn in their complete physical and signed confirmation page from online registration to the athletic department in order to get completely cleared for participation.**

### Pre Participation Physical Exam Instructions:

1. Go to [gobearcats.org](http://gobearcats.org)
2. Go to FORMS and click on the PREPARTICIPATION PHYSICAL FORM tab.
3. Print physical forms and get signed by physician at physical exam.

### Online Registration Instructions:

The online registration requires student-athletes and their parents/guardians to register online for **EACH** sport a student-athlete plans on participating in each school year. It is recommended to register for **ALL** possible sports the athlete is interested in participating in with the initial registration rather than having to register again later.

1. Go to [www.gobearcats.org](http://www.gobearcats.org)
2. Go to the FORMS and click on the ONLINE ATHLETIC REGISTRATION tab.
3. Go to the lower left of the website and click the REGISTER button.
4. In the box enter the 4 digit CODE written in red, click submit.
5. Click "Start Clearance Here"
6. For year select the **2018-2019**
7. For school select **Bonita**
8. For sport select the upcoming sport you are registering for.
  - a. You will have the opportunity to add additional sports after initial registration.
9. Complete steps 1-5 (All items in **RED** must be completed).

**Don't forget to print the last page, sign and turn in with your completed physical to the athletic department.**