



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)

***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
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
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 **2017-2018**
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.