

SPORTS PHYSICAL FORMS

2026 - 2027 Yearly Band Paperwork

Per UHS & Lake County Schools, all students enrolled in Marching Band and Colorguard need to complete an annual Sports Physical. **THIS MUST BE COMPLETED BY JULY 1, 2026!** Follow these quick steps to learn how to complete and upload your Sports Physical.



1. Set up a profile on the [Athletic Clearance website](#)
2. Click “Add new clearance” and follow steps.
 - If you have previously created an account, sign in with that username/password.
 - Watch [tutorial video](#) if help is needed
3. Choose school year (2026-27)
4. Choose school: Umatilla will be toward the bottom of the list, it goes in alphabetical order
5. Choose sport: Please include all sports your child is interested in playing, even if they’re not sure they will play. Select a sport then click “add new sport” until you are done listing them.
6. Athlete and Parent/Guardian information will need to be completed. Please answer all questions.
7. Health insurance is required for participation in all sports. If you need to purchase insurance for your child, please direct questions to Deta Brunson (Athletic Director) or Jordan Rowell (Athletic Trainer)
8. The concussion, heat illness, and sudden cardiac arrest videos are required for all athletes. Please make sure to upload completed certificates once finished.
9. Once you have fully completed the athletic clearance registration process, your athlete’s information will be sent to the UHS Athletic Department for review. When the student has been cleared for participation, an email will be sent to the email address you created the account with.
10. Please be on the lookout for a reply email letting you know if your child has been cleared to participate. If your clearance is denied, the email will explain what needs to be addressed before your child can be cleared.
11. There are **(2) TWO FORMS** attached! All students that are “**NEW to Umatilla High School**” will need to complete the **EL1 (ECG Form) & EL2 (Physical Evaluation Form)**. All “**Returning UHS MEMBERS**” students only need to complete the **EL2 (Physical Evaluation Form)**.

