

**Bell Gardens High School
Athletics**

Athletic Clearance

1. Register Online

- Go to www.homecampus.com and create an account or log in to begin your registration.

2. Schedule a Physical

- Make an appointment with your physician as soon as possible.

3. Complete and Upload the Health History Form

Print the [Athlete Health History Form](#) from Home Campus.

Bring it to your physical appointment. It must include:

- Doctor's signature
- Date stamp
- Parent/guardian signature
- Upload the completed form to your Home Campus account.

4. Upload Insurance Card

- Upload a clear photo or scan of your insurance card. Ensure all information is visible.

5. Wait for Clearance

- The Athletic Department will review your documents.
- You will receive a notification once you are fully cleared.
- Do not attend practice or tryouts until you receive approval.

Autorización Deportiva

1. Regístrate en Línea

- Ve a www.homecampus.com, crea una cuenta o inicia sesión para comenzar tu registro.

2. Programa un Examen Médico

- Haz una cita con tu médico lo antes posible.

3. Completa y Sube el Formulario de Historial Médico

Imprime el [formulario de la historia de salud](#) médico desde Home Campus.

Llévalo a tu cita médica. Debe incluir:

- Firma del médico
- Sello con la fecha
- Firma del padre/madre/tutor
- Sube el formulario completo a tu cuenta de Home Campus.

4. Sube tu Tarjeta de Seguro Médico

- Sube una foto o escaneo claro de tu tarjeta de seguro. Asegúrate de que toda la información sea legible.

5. Espera la Aprobación

- El Departamento de Atletismo revisará tus documentos.
- Recibirás una notificación una vez que estés aprobado.
- No asistas a entrenamientos ni pruebas hasta que estés completamente aprobado.

Physical Examination Locations/Ubicaciones para Exámenes Físicos

Urteaga Chiropractic

12466 Washington Blvd., Whittier, CA, 90602
562.274.7711

PIH Health Urgent Care

2205 W Beverly Blvd., Montebello, CA, 90640
562.697.2780

Bell Gardens Family Medical Center

6501 Garfield Ave., Bell Gardens, CA, 90201

Shriners Children's Hospital

909 S Fair Oaks Ave., Pasadena, CA, 91105
626.389.9300

Pacific Educators Insurance Services offers insurance for high school athletes. To sign up, visit:
<https://www.peinsurance.com/product/signup/>

Football Players Requirement

If you will be participating in football, you are required to purchase the Optional Tackle Football Coverage in addition to your selected plan.

When you finish registration, save a copy of your confirmation and upload it to Home Campus under "Proof of Insurance."

Pacific Educators Insurance Services ofrece seguro para atletas de preparatoria.

Para inscribirte, visita: <https://www.peinsurance.com/product/signup/>

Requisito para jugadores de fútbol americano

Si vas a participar en fútbol americano, debes comprar la Cobertura Opcional de Fútbol Americano Tackle además del plan seleccionado.

Al finalizar el registro, guarda una copia de tu confirmación y súbela a Home Campus en la sección «Comprobante de Seguro».