



SUMMER CAMP:

District policy requires the new school year HomeCampus portal and Athletic Clearance to be valid for all athletes participating in summer camp. All summer campers are required to have physicals valid for the full length of summer to be cleared.

SUMMER CAMP REGISTRATION on Hawk WebStore (You will find each summer camp listed under "*Summer Conditioning*"): <https://lhhswebstore.myschoolcentral.com/>

REGULAR SCHOOL YEAR SPORT SEASONS:

Regular sport seasons, physicals are required to be valid for the full duration of season for the student-athlete to be cleared.

NEED A PHYSICAL?!

Should you need a place for a physical, LHHS has partnered with a local clinic, Marque Medical, that will do physicals for LHHS students (both by walk-ins and appointment) for a flat rate of \$50 (no insurance required). They will also donate half of that fee back to the LHHS Training Room to use for our athletic supplies for all our student-athletes. Website to schedule an appointment: <https://marquemedical.com/LHHS/>

PHYSICAL FORMS:

NEW FROM LAST SCHOOL YEAR ALL physicals must be filled out on the forms that are attached. Alternative forms will no longer be accepted.

HOME CAMPUS HOW-TO:

see attached pdf for step-by-step directions (English and Spanish versions available)

HOME CAMPUS YOUTUBE TUTORIAL:

link to a youtube tutorial: <https://www.youtube.com/watch?v=eKivobMSmEE>

Laguna Hills High School Athletic Clearance

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issue
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms Q4–Q13 of History Form

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (_____ / _____)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: ☐ Y ☐ N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, ears, nose, and throat - Pupils equal - Hearing		
Lymph nodes		
Heart ^a Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen		
Skin Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional Double-leg squat test, single-leg squat test, and box drop or step drop test		

^a Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

Laguna Hills High School Athletic Clearance

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

★ Name: _____ ★ Date of birth: _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

★ Name of health care professional (print or type): _____ ★ Date: _____

★ Address: _____ ★ Phone: _____

★ Signature of health care professional: _____, MD, DO, NP, or PA

★ SHARED EMERGENCY INFORMATION

****MUST be signed, stamped AND dated by physician**

Allergies: _____

Medications: _____

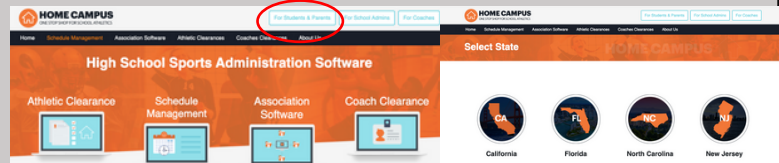
Other information: _____

Emergency contacts: _____

ONLINE ATHLETIC CLEARANCE

1

VISIT HOMECAMPUS.COM
CLICK FOR PARENTS & STUDENTS
SELECT STATE



Return Users

Log into existing account used in previous School Year.

New Users

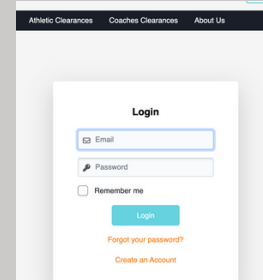
Create an account. Please register with a valid PARENT/GUARDIAN email address as the username and generate a password.

2

SELECT START CLEARANCE HERE

Type in School & Confirm School Address
Select Year
Add Sports

Participating in multiple sports? Use Add New Sport button.



3

COMPLETE ALL REQUIRED FIELDS

Student Information, Parent/Guardian Information, Medical History, Signature Forms, and upload any File(s).

Student Info & Parent Guardian Info

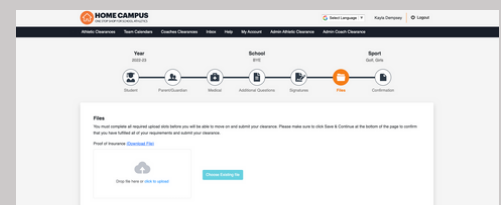
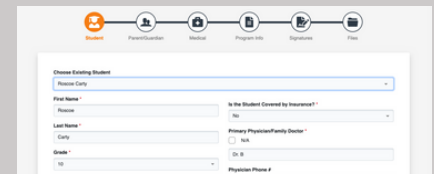
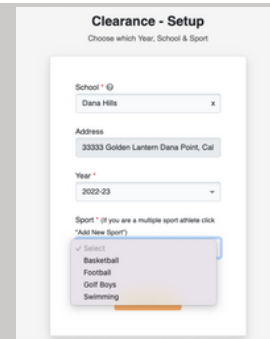
Type in Student & Parent/Guardian Information. This information will be saved for future clearances. Utilize the drop down menu to autofill information for subsequent clearances.

Signatures

Sign required documents by typing in an EXACT match of what is on the Student & Parent/Guardian page.

Files

Drag & drop or browse from your computer to add a file. Select Choose Existing File to search for a previously uploaded file.



4

CONFIRMATION MESSAGE

Your clearance is ready for review by your school once you have reached the **CONFIRMATION MESSAGE** page.

THE STUDENT IS NOT CLEARED YET!
THE SCHOOL MUST REVIEW AND CLEAR THE STUDENT. AN EMAIL NOTIFICATION WILL BE SENT ONCE THE SCHOOL HAS REVIEWED AND CLEARED THE STUDENT FOR PARTICIPATION.



CONTACT HOMECAMPUS

SUPPORT@HOMECAMPUS.COM

[ATHLETIC CLEARANCE HELP ARTICLES](#)

QUESTIONS?

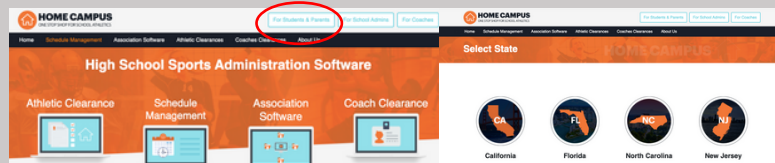
USE THE HELP ICON AT THE BOTTOM RIGHT SCREEN FOR ASSISTANCE!

Help

ONLINE ATHLETIC CLEARANCE

1

VISIT HOMECAMPUS.COM HAGA CLIC EN PADRES Y ESTUDIANTES SELECCIONE EL ESTADO



Usuarios recurrentes

Acceda a la cuenta existente utilizada en el curso escolar anterior.

Nuevos usuarios

Crear una cuenta. Por favor, regístrese con una dirección de correo electrónico válida de su PADRE/MADRE/TUTOR como nombre de usuario y genere una contraseña.

2

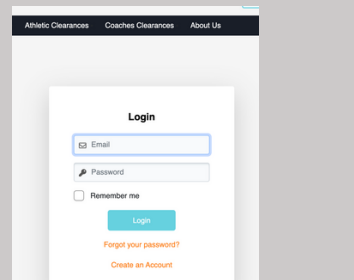
SELECCIONE INICIAR LA AUTORIZACIÓN

Escriba el nombre de la escuela y confirme la dirección

Selecione el año

Añada el deporte

¿Participa en varios deportes? Utilice el botón Añadir Nuevo Deporte. Los deportistas que participen en varios deportes tendrán que crear autorizaciones para cada uno de ellos.



3

COMPLETE TODOS LOS CAMPOS REQUERIDOS

Información del estudiante, información de los padres/tutores, historial médico, formularios de firma y subida de cualquier archivo.

Información para el estudiante y los padres/tutores

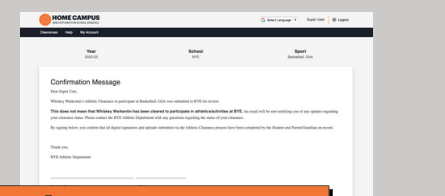
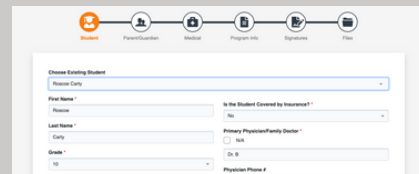
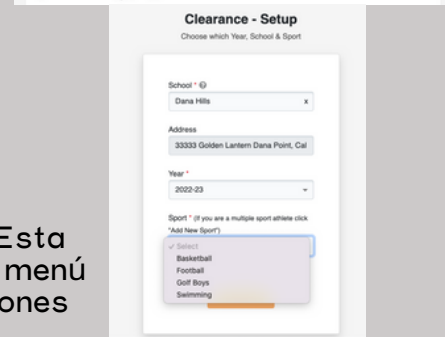
Escriba la información del estudiante y de los padres/tutores. Esta información se guardará para futuras autorizaciones. Utilice el menú desplegable para autocompletar la información para autorizaciones subsiguientes.

Firmas

Firme los documentos requeridos escribiendo una copia EXACTA de lo que aparece en la página del estudiante y padres/tutores.

Archivos

Arrastra y suelta o navega desde tu computadora para agregar un archivo. Seleccione Elegir archivo existente para buscar un archivo cargado anteriormente.



4

MENSAJE DE CONFIRMACIÓN

Su autorización está lista para ser revisada por la escuela una vez que haya llegado a la página de MENSAJE DE CONFIRMACIÓN.

¡EL ESTUDIANTE NO ESTÁ AUTORIZADO TODAVÍA!
LA ESCUELA DEBE REVISAR Y AUTORIZAR AL ESTUDIANTE. SE ENVIARÁ UNA NOTIFICACIÓN POR CORREO ELECTRÓNICO UNA VEZ QUE LA ESCUELA HAYA REVISADO Y AUTORIZADO LA PARTICIPACIÓN DEL ESTUDIANTE.

CONTACTE A HOME CAMPUS

SUPPORT@HOMECAMPUS.COM

ARTÍCULOS DE AYUDA PARA LA AUTORIZACIÓN DE LOS DEPORTISTAS