



## Physical Clearance

Student-athletes must be cleared by a physician. All documents must be submitted electronically. Physical exam is valid for one year from the date it is administered. **Only those who are physically cleared can tryout and participate.**

How to get started:

Go to the official Burbank High School website @ <https://www.burbankusd.org/bhs>

Under the Athletics tab, click on Athletic Clearance. Sign in, or register if you are new, and complete all required pages of information. Helpful hint: when choosing a school, be sure to select "Burbank High School-SS". Email [rachelhickshunt@burbankusd.org](mailto:rachelhickshunt@burbankusd.org) for questions.

Getting your physical:

Option 1: get a physical from a certified physician of your choice

Option 2: Burbank High has partnered with Exer Urgent Care to help our student-athletes achieve physical clearance. Location, dates, and times are:

Exer Urgent Care  
13303 Riverside Dr.  
Sherman Oaks, CA 91423

Saturday May 21<sup>st</sup>- 10:00 am-5:00 pm  
Tuesday May 24<sup>th</sup>- 2:00 pm-7:00 pm  
Thursday May 26<sup>th</sup>- 2:00 pm-7:00 pm

- **How to sign up:** Click the QR code below. Timeslots are available on a first-come, first-served basis.
- **What to bring:** A completed Exer registration form and BUSD physical form. Both can be found on the BHS website under the Athletics tab.
- **Donation:** \$30 Cash or check made out to Burbank High School. Pay upon arrival.

