



# 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.**

## 1. 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, then click Athletic Clearance Website. Sign in, or register if you are new, and complete all required pages. Helpful hint: when choosing a school, be sure to select Burbank High School with corresponding address of 902 N. Third St.

## 2. 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. Physicals are being offered on the following dates: May 20, 23, 25, and June 10. *These are only offered at their Sherman Oaks location.*

A \$30 contribution to the school is expected if choosing Exer. (see step 3)



13303 Riverside Dr.

Sherman Oaks, CA 91423

### ➤ Sign up for an appointment

You must make an appointment in advance using the QR Code below. Be sure to select one of the dates mentioned above. Exer cannot accommodate walk-ins for these complimentary sports screenings. If there are multiple students in the same family, please make an individual appointment for each athlete.



- The athlete must bring a copy of the Burbank Unified physical form.
- If you wear glasses or contacts please ensure you bring them to the appointment.
- A parent or guardian must accompany any student athlete through the screening exam.
- The student athlete is responsible for scanning and submitting their completed form to the athletic department. Exer is not responsible for submitting any forms.
- Under California law, all patients in healthcare facilities are still required to wear masks.
- In consideration of other families, please be prompt for your appointment.

The physical should take approximately 15 minutes but there may be a wait depending on flow of business and patient arrival times.

### **3. Paying for Your Exer Physical**

After securing your appointment, click on the link below, select “Exer BHS Athletic Physical”, and pay your \$30 contribution to the school.

[Click here to pay for your Exer Physical](#)

### **4. After Your Physical**

Scan and upload your completed and signed BUSD physical form to the Athletic Clearance website (mentioned above in step 1) within your account. Be sure to check that you have completed all requested sections. You will receive an email with an update on your clearance status within 48 hours.

Email [rachelhickshunt@burbankusd.org](mailto:rachelhickshunt@burbankusd.org) for questions.