

****All athletes must be cleared to participate in practice or games****

To get started:

- Watch the YouTube video [click here](#).
- Download detailed instructions [click here](#).
- Or go to step #1.

Follow the steps below:

1. Click on <https://www.homecampus.com/login>
2. At the top, click the box that says "For Students and Parents."
3. If this is your first time, click "Create an account." If you already have an account, login with your email and password.
4. Follow all of the instructions.
5. Schedule a physical with your physician, or use one of the medical offices listed below.
6. **Print this form and take it to the physician-** [Athlete Health History Form-English](#)
7. **MAKE SURE THE FORM HAS THE DOCTOR'S SIGNATURE, DOCTOR OFFICE STAMP, AND YOUR PARENT'S SIGNATURE!**
8. Upload these two documents to your homecampus account:
 1. Upload the Health History form (with all the doctor's signature, the parent signature, and the doctor office stamp).
 2. Upload a picture or pdf of your insurance card.
9. Wait for the Athletic Department approval to participate, **this can take 2-3 days.** The athletic department will check for any holds under your name. Holds will slow down the process of you getting cleared to participate. Holds can be: submitting an incomplete application to the athletic clearance website, a school fine, overdue books, or athletic team fines. Please contact Ms. Jimenez, the Athletics Secretary, if you have any questions, jimenez_gabriela@montebello.k12.ca.us
10. Your coach will inform you once you are cleared to participate.

If you are having trouble scheduling a physical, please see the information below as an option.

PIH Health Urgent Care - Montebello
(Across from the DMV)
2205 W Beverly Blvd, Montebello, CA 90640
562-967-2780
[Website](#)

Urteaga Chiropractic, Sports Medicine Specialist
12466 Washington Blvd, Whittier, CA 90602
562-274-7771
<https://www.urteagachiropractic.com/>