



# **Athletic Clearance Procedures**

Page 1 of 2

## ❖ **PICK UP AN ATHLETICS PACKET FROM THE ATHLETICS OFFICE.**

## ❖ **CIF / Medical Clearance:**

### ➤ CIF Clearance

- Go to: <https://athleticclearance.com/>
  - There is a how-to video explaining procedures

### ➤ Athletic Physical

- The athlete cannot practice until LHS has a physical on record
- see a physician (can be personal physician or clinic from our list)
- Make sure the Doctors office signs **AND STAMPS** physical form for verification.

## ❖ **Forms That need to be signed and returned to the Athletics office.**

- CIF Concussion Information Form
- Physical Form
- Current year Bus Waiver Form

## ❖ **Once the forms and packet is completed**

- Bring to Littlerock Athletic office ASAP
- Contact Ms. Rivera, Athletic secretary with questions
  - [jrivera@avhsd.org](mailto:jrivera@avhsd.org) (661) 944-5209 Ext 388
- **Grade Point Average**
  - 2.0 GPA or greater, with no more than 2 qty “F”
  - Grade Reviews are every Quarter
  - 9th Graders, 2nd Quarter is when grade review starts



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Page 2 of 2

## ***Sports Physical Locations***

### **Active Life Chiropractic**

- Address: 839 W Palmdale Blvd, Palmdale, CA 93551
- Phone: (661) 947-7993
- Website: [avactivelifechiropractic.com](http://avactivelifechiropractic.com)
- Monday, Wednesday Friday 8:30 AM to 6:30 PM
- Tuesday, 2:00 PM - 7:00 PM
- Thursday, by appointment
- This is the sideline doctor for game

### **Greco-Bowman Chiropractic**

- 790 West Ave. Q
- Suite A
- Palmdale, CA 93551
- (661) 272-1800

### **Athletic Injury Management (AIM)**

- 1051 West Columbia Way (Ave M)
- Ste 209
- Lancaster, CA 93534
- (661) 949-6649
- Monday thru Friday 9:00 AM - 5:30 PM
- Saturday & Sunday Closed

### **Dr. Sean DeLaney, D.C.**

- 1340 West Ave J
- Lancaster, Ca 93534
- (661) 272-225