

## **NJROTC Required Forms 2021-2022 Step-by-Step**

**\*we hope that this will be of great assistance to everyone\***  
**\*a safe tip is to simply keep a copy of EVERY document just in case ;)\***

### **Physicals**

1. Go to <https://www.athleticclearance.com/login.php>
2. If asked to, press "CA"
3. Login with made username + password
  - a. If you are an upcoming NSI, you may have to register
4. Press "Start Clearance Here!"
5. Select year "2021-2022"
6. School "Troy (CIF-SS)"
7. Sport "NJROTC"
8. Once submitted, fill in the following information requested
9. Download and print out the document with the text "Download Your School's Physical Form Here"
  - a. With this form, you will fill out again and go to your doctor/physician to get signed off for
    - i. If by chance they are not accepting physicals, check out the location mentioned by First Sergeant Barnes by scrolling down
10. Fill out the rest of this questionnaire
11. At the end you will be shown a confirmation screen in which you will print out and get it signed by both yourself and your parents

**\*make sure to make an extra copy of both forms you printed for the physical**  
**\*deliver the main copy to the front office**  
**\*deliver the EXTRA copy to the NSIs**

### **Health Risk Screening**

1. Print out the document
2. Complete the asked questions
3. When reaching question number 4, mark that you do exercise more than 30 minutes a day because walking to classrooms accommodate for that time
4. Sign the form with your parents

**\*deliver ONLY to the NSIs**

### **Standard Release**

1. Print out the document
2. Complete and fill out the asked questions
3. Sign the form with your parents

**\*deliver ONLY to the NSIs**

**COVID Waiver**

1. Print out the document
2. Sign the form with your parents

**\*make sure you make a copy of your signed form**

**\*deliver original to Admin**

**\*deliver copy to the NSIs**