



Band Sports Physicals

- 1) Scan the QR Code at the bottom of this page. This will take you to the Arbiter platform to digitally submit your Sports Physical.
- 2) Login
 - a. If new user: create an Arbiter account. You will use this every year you need to submit a sports physical for ANY CCHS group that requires one. One sports physical is good for all required activities per year.
 - b. If you have already made an account, login.
- 3) Once logged in, select “CCHS Band Registration 2025-26” under the Programs heading.
- 4) Select “Register Now”.
- 5) Upload a digital copy of your sports physical. It will most likely need to be a pdf-type. If you need help making a pdf file, please ask Mr. C or a Booster when we’re at school. We can scan things into pdf format. The NOTES app on iPhones can also turn photos of documents into pdf scans.

