

Arbiter Athlete Sign Up Instructions

As of January 1, 2019, Decatur sports medicine converted to Arbiter Athlete for the purpose of safekeeping medical paperwork required for each athlete to participate in athletics such as physical information, basic medical information and agreements for treatment. Here are the instructions on how to properly sign up and all the information needed to successfully clear an athlete for participation.

Athlete instructions

1. Text S42899 to the number 69274
2. Follow the link from the return text (<http://plhs.co/>)
3. Step 1 - click student
4. Step 2 - fill out ATHLETE information
5. Step 3 - input a valid email or phone number with a password. Do not forget this information for you will use it to sign in each year to resubmit paperwork
6. Step 4 - select the school the athlete will be at for the 2019-2020 school year
7. Click Sign up
8. Click Link Account from the main page
9. Insert a parent's valid email or phone number and click send. This will send a link to the parent's phone or email to also create an account.
10. Go back to the main page and click Athletic Forms
11. Under Sports of Interest, select all the sports the athlete plans on playing
12. Scroll down to Completion of These Forms is Required of Each Student and fill out each section by clicking on the link, filling out the information, signing at the bottom and selecting submit. The athlete must fill out each section. WITH THE PHYSICAL SECTION, you are allowed to turn in a paper copy to the athletic training staff instead of uploading it to the website.

Parent instructions

1. You should receive a text or email from your child with the same link to follow.
2. Step 1 - click parent
3. Step 2 - fill our YOUR information
4. Step 3 - input a valid email or phone number with a password. Do not forget this information for you will use it to sign in each year to resubmit paperwork
5. Step 4 - select the school your child will be going to for the 2019-2020 school year
6. Click Sign Up
7. Click Athletic Forms and scroll down to Completion of These Forms is Required of Each Student and fill out each section by clicking on the link, filling out the information and signing at the bottom. You should see your child's signature on each form as well. Again with physicals, you can upload a picture of the paper copy onto the site or bring the paper copy to the athletic training staff.

This program will eliminate the need for the big packets of information we send with athletes yearly and keep it all in an online system with access for both athletes and parents. If there are any questions, contact one of the athletic trainers at Decatur High School or ask your child's coach and questions will be relayed.

Thank you!
Decatur Sports Medicine