



# York Catholic High School

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601 E. Springettsbury Avenue, York, PA 17403  
717-846-8871 ♣ www.yorkcatholic.org

Dear Parent/Guardians,

The Athletic Department at York Catholic High School now hosts their Athletic Forms online with Arbiter Athlete, powered by PlanetHS, a software company committed to keeping student(s) safe. This digital platform will allow you, and your student(s), to complete and access most athletic forms (physicals, agreements, etc.) via computer, tablet, or mobile phone. It is HIPPA, COPPA, and FERPA compliant.

York Catholic will continue to host Sports Physicals at OSS Health in June. Instead of printing 9 pages of information to take to the doctor as was needed previously, you will instead complete the information online and only print 2 pages for the doctor to review and complete.

Before forms can be completed by parent and student, please follow these steps:

**1) Set-up Both Student and Parent Accounts**

Both parent and student must create accounts, using different emails and/or phone numbers. Accounts may be created either by clicking “not yet registered” on arbiterathlete.com, or via smart phone by sending a text containing the code S3089 (zero, not the letter O) to 69274. You will instantly receive a text inviting you to create an account\*. Important: Students must be sure to create accounts using accurate information, including their full name (i.e., James, not Jim), their date of birth, high school graduation year, and school. Note: Be sure to select the school your student attends, not the school or district where you reside. Some school/district names may look similar so please be careful to select the correct one: York Catholic High School (York PA).

**2) Link Parent and Student Accounts**

Once a parent/guardian and student has registered, with separate emails and/or phone numbers, the accounts must be linked. You will be led through this process after creating an account, or login and click the “Link Account” button.

**3) Complete Athletic Forms as Advised**

Please refer to the one page help-guide for more assistance.

Please note: You will need to complete Section 5 online with the student’s medical history. Once completed, click on “Print Document” (which will include sections 5 & 6) to take with you to the student’s physical exam.

Please note: **All physicals must take place AFTER June 1.** Once the physician has signed Section 6, complete the following steps:

- a) Scan or take a picture of completed Section 6 with doctor’s signature.
- b) Save the picture to your hard drive or phone.
- c) Go to arbiterathlete.com or your phone app for ArbiterAthlete.
- d) Go to Section 6.
- e) Click on UPLOAD.
- f) Click on CHOOSE FILE.
- g) Find your file and click on it.
- h) Type in the date of the physical.
- i) Type the date for parent approval.
- j) Click UPLOAD FILE(S).
- k) You are finished. You do not need to re-upload Section 5.

Athletes cannot participate in sports until digital forms are complete, unless otherwise specified by your school. Forms will be valid for the entire school year, with the exception of the physical exam provided by your physician which will reflect the policy set in place by your athletic department.

If you have any questions regarding this new process, please contact Brad Hayek, Assistant Athletic Director, at [bhayek@yorkcatholic.org](mailto:bhayek@yorkcatholic.org) or 717-846-8871 x244. If you need technical assistance with Arbiter Athlete/PlanetHS, and need more information, email [schoolsupport@planeths.com](mailto:schoolsupport@planeths.com).

Thank you!

A handwritten signature in blue ink, appearing to read "K Bankos", is written over a faint, light blue grid background.

Kevin Bankos  
Athletic Director

(\*Text HELP to 69274 for more information. Text STOP to 69274 to opt out. Message and Data rates may apply. The wireless carriers are not liable for delayed or undelivered messages. Number of messages vary per user.)