The below instructions are for the following people ONLY:

- Returning Vikes student-athletes who competed for the Vikes in the 2016-17 season (i.e. played/raced or dressed in official competition for the Vikes)

**NOTE:** Please follow the information below ONLY if you compete on one of the following U SPORTS teams: Basketball, Cross Country/Track, Soccer, Swimming, Women’s Field Hockey, Women’s Rugby

**STEP BY STEP:**

1. Go to: [usportscentral.ca](http://usportscentral.ca) and select ‘Student-Athlete’ to begin.
2. Select ‘Returning User Sign-In’ Tab, which brings you to the Sign-In page and requires your EMAIL and U SPORTS ID.
3. You will receive an email from athleticsclerk@uvic.ca which will contain the required e-mail address & U SPORTS ID you need to input on the Sign-In page – what you input must be identical to what we email you.

It is **MANDATORY** that you login and ‘sign’ the CONSENT FORM by the deadline indicated in the email from the Athletics Clerk.

You cannot be added to your team’s 2017-18 Eligibility Certificate (and therefore can’t compete) until you have signed the Consent form.

**U SPORTS Central navigation instructions:** At any point during the registration, you can return to a previous page but clicking on the navigation links on the left-hand side of the webpage. Do not click the “BACK” button on your web browser, as this will take you back to the home page.

If you have any questions about the registration process, or if you incur difficulties, please contact office@usports.ca.