



ONLINE COURSE REQUIREMENTS FOR CVSD COACHES

The Conestoga Valley Athletic Department continues to be proactive in regards to the education and training of concussions and sudden cardiac arrest. We remain steadfast in our convictions that safety and the general welfare of our student/athletes are the top priority in the dynamic environment of our athletic programs.

Pursuant to the Safety in Youth Sports Act and the Sudden Cardiac Arrest Prevention Act of July 2012, all CVSD coaches are required to complete training on both topics on an annual basis. CVSD coaches **may not** work with student/athletes until he or she completes required training course. The National Federation of State High School Associations offers a free online courses for coaches which will satisfy the requirements mandated by the Safety in Youth Sports Act.

Please follow the directions below to register, take and successfully complete “**Concussion in Sports**” and “**Sudden Cardiac Arrest**” courses:

DIRECTIONS:

- Go to <http://www.nfhslearn.com>
- On the right hand side, you will need to **LOGIN** by entering your email address and password. If this is your first time on this site, you will need to click “**Register**”.
- Once you are registered and logged in properly, click on “Courses” tab and search for “**Concussion in Sports**” and “**Sudden Cardiac Arrest**” courses.
- Click the button for “Order Course” (for myself), then click **CONTINUE**. Choose the course for **Pennsylvania**.
- This is a site where you can purchase on-line classes so they will ask you to check out (price is \$0.00) or continue shopping.
- At this point, you want to **CHECK OUT** and then **CONTINUE/COMPLETE PURCHASE**.
- To access the course, click on **HERE** and then take the course (15-20 minutes).
- After you have completed the course, you will get a **Completion Code** and **Certificate**.
- Download the certificate and either email to Janet Hintz (Janet_Hintz@conestogavalley.org) as PDF or print it out and submit as hard copy.
- Completion of course certificate must be submitted to CV Athletic Office prior to working with CVSD student/athletes in any capacity.