

RANCHO SIMI RECREATION AND PARK DISTRICT

HEAD INJURY/CONCUSSION COACH TRAINING COURSE REQUIREMENT

As a local governmental agency that conducts youth sports leagues and camps, the Rancho Simi Recreation and Park District is mandated by state law to provide information to athletes and parents about concussions and the risks related to head injuries. In addition, the law requires all youth sport coaches (on a yearly basis) to successfully complete a head injury and concussion education training program either online or in person before supervising an athlete in an activity.

The National Federation of High School Sports (NFHS) has partnered with the CDC and the Heads Up Concussion Campaign to educate coaches, parents, and athletes on the seriousness of concussions and head injuries. NFHS offers many informative online training sessions, including one that satisfies the head injury and concussion training requirement for coaches.

If you have a current concussion certificate, please provide a copy to the District's sports office. This certificate must be valid for the duration of your activity.

If you are not currently certified, please log on to NFHSLearn.com, create an account, and take the *Concussion in Sports* course. This course will take approximately 30 minutes. Once you have completed the course, provide a copy of the completion certificate to the sports office prior to the start of camp or league practice. Coaches may not take part in activities with athletes until the *Concussion in Sports* certificate of completion is received and verified by the sports office.

RSRPD uses the NFHS rules and guidelines for play and they offer many free courses. Although not required, additional training courses are suggested below for coaches, parents and athletes. These courses are 10-30 minutes in length and are many are designed to engage the youth and discuss topics in a manner the athletes can understand.

MANDATORY COURSE - Concussion in Sports			
Health Courses	Sportsmanship Courses	Parent Courses	Courses for Athletes
Sudden Cardiac Arrest	Sportsmanship	Positive Sport Parenting	Concussion for Students
Heat Illness Prevention	Bullying, Hazing, and Inappropriate Behaviors	Engaging Effectively w/ Parents	Captain's Course
Sports Nutrition		Social Media	Social Media for Students

We are also encouraging coaches to be 1st Aid/CPR certified. It is not mandatory at this time.