



## Health & Safety Coach Education/Training Requirements

Please be reminded of the following coach education and training requirements related to student health and safety:

### 1. Coach CPR/AED Training Requirement (Handbook Rule 10-1-9)

Any person serving in the role of a head or assistant sport coach/aide or a head or assistant activity sponsor/aide in a KSHSAA member school shall be certified or trained in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) administration.

- Certification/training is valid for two years from the date of training.
- Online only training courses are not acceptable. There must be a hands-on component to the certification/training program.
- School administrators are responsible to maintain proof of current certification for each coach/sponsor through the KSHSAA website.
- Training could be obtained from the following organizations:
  - American Heart Association
  - American Red Cross
  - American Safety & Health Institute / Medic First Aid
  - National Safety Council

#### [Additional Details](#)

### 2. Concussion and Head Injury Prevention/Management Education

On an annual basis and PRIOR to the first practice of the season, ALL coaches, student participants and school administrators responsible for event coverage are required to complete a concussion education program. This requirement includes cheer and dance sponsors and participating students.

**Any of the following online courses are recommended by the KSHSAA and the KSHSAA Sports Medicine Advisory Committee for coaches, student-athletes and school administrators to meet the concussion and head injury education requirement:**

Concussion in Sports ([www.NFHSLearn.com](http://www.NFHSLearn.com))

\*Concussion for Students ([www.NFHSLearn.com](http://www.NFHSLearn.com))

\*ConcussionWise, athlete version (<https://sportsafety.com/athlete/concussionwise/>)

ConcussionWise, coach version (<https://sportsafety.com/coach/concussionwise/>)

CDC Heads Up Concussion in Youth Sports

(<https://www.cdc.gov/headsup/youthsports/training/index.html>)

\*Course content designed for student-athletes.



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### 3. Heat Illness Prevention Education Requirement

On an annual basis and prior to the beginning of fall sports practices, fall activity coaches/directors are required to complete a heat illness prevention education program.

- This requirement is for all **Fall** sport coaches.
- This requirement is for all **Fall** activity sponsors of activities taking place in potentially hot/humid environments including all cheer, dance and marching band sponsors.

**The following online course is recommended by the KSHSAA and the KSHSAA Sports Medicine Advisory Committee to meet the heat illness prevention education requirement:**

Heat Illness Prevention ([www.NFHSLearn.com](http://www.NFHSLearn.com))

#### **Additional information related to items #2 and #3:**

- Group educational settings are encouraged.
- Schools may choose to work with local healthcare providers to offer in-person educational sessions to meet these requirements. These educational sessions should cover signs and symptoms, and appropriate management of these conditions.
- School administrators should maintain tracking of these requirements through the KSHSAA website.