

Player Health and Safety Concussion Information

Cal South recognizes the need for increased awareness about concussions, head injuries and brain trauma. In order for Cal South to be compliant with State of California Assembly Bill No. 2007, new procedures have been implemented that require on a yearly basis, a concussion and head injury information sheet to be signed and returned by the athlete and athlete's parent or guardian before the athlete's initiating practice or competition. These provisions apply to athletes participating in youth sports organizations, as defined to include organizations, businesses, nonprofit entities, or local governmental agencies that sponsor or conduct amateur sports competitions, training, camps, or clubs in which persons 17 years of age or younger participate.

SBSC uses a course provided by the National Federation of High Schools ("NFHS").

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course.

A Spanish track is also available for this course.

Contact SBSC's Registrar or Coaching Coordinator to receive a link to the course. NFHS will send you an email with a link to your course. The course takes about 20-30 minutes to complete. After completing the course, save the certificate and email to SBSC's Registrar.

You may also go directly to the NFHS site to take the course. See instructions below.

<https://nfhslearn.com/courses?searchText=Concussion>

- 1) Individuals, i.e. Head Coaches and Referees, that will be obtaining a Coaching License or Referee Certification in U.S. Soccer's Learning Center (LC) will meet this requirement in those courses.
- 2) Go to the URL provided above.



- 3) On the Top right corner Select:
 - a) Sign in
 - i) Provide your Username
 - ii) Provide Password
 - iii) If you forgot the Username call Cal South
 - b) Register
 - i) If you are new to the Learning Center provide the information to create an account.
 - ii) Recommended to use email address as the username
 - iii) When registering type in CAL SOUTH for School / Organization Name
- 4) Individual must Register or Sign in the "NFHSLearn".
- 5) **CHI** Course is a Free course
- 6) Complete the course and save the certificate as an image file.