

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

**National Federation of State High School Associations’
“Concussion in Sports” Course Free to Coaches, Parents, Players**

FOR IMMEDIATE RELEASE

Contact: Tim Flannery

INDIANAPOLIS, IN (August 31, 2010) — With the high school football season underway, coaches, parents, players and officials are encouraged to complete the *Concussion in Sports – What You Need to Know* online course offered free of charge by the Indianapolis-based National Federation of State High School Associations (NFHS). To date, more than 47,000 persons have registered and completed the NFHS Coach Education course available at www.nfhslearn.com.

Concussion in Sports provides a guide to understanding, recognizing and properly managing concussions in high school sports. The Centers for Disease Control (CDC) has endorsed the course and provided many useful resources.

“Although coaches, parents and players involved with football will certainly benefit from *Concussion in Sports*, research shows that concussions occur in other sports as well,” said Bob Gardner, NFHS executive director. “With more than 7½ million young people involved in high school sports, minimizing the risk of injury is extremely important. The course is a ‘must do’ for anyone associated with high school sports.”

The 20-minute online course is designed to highlight the importance of recognizing and responding to sports-related concussions, which pose a particularly high risk for

adolescents. The course is hosted by Michael Koester, M.D., chair of the NFHS Sports Medicine Advisory Committee (SMAC) and director of the Sports Concussion Program at the Slocum Center for Orthopedics and Sports Medicine in Eugene, Oregon. Individuals have access to the course and printable resources, including a parent's guide to concussion in sports, a coach's guide, an athlete fact sheet and materials for schools to implement a protocol for concussion treatment.

According to the 2009–10 High School Sports–Related Injury Surveillance Study, more than 140,000 high school athletes suffer a concussion each year. The study, conducted by Dawn Comstock, Ph.D., director of the Center for Injury Research and Policy at Nationwide Children's Hospital in Columbus, Ohio, also indicated that the incidence rate for concussion is highest among football players. The next two highest rates among boys sports are ice hockey and lacrosse. In girls sports, the incidence rate is highest in soccer, gymnastics and lacrosse.

In addition to education courses, the NFHS has been the leader in establishing playing rules to deal with concussions. In 2008, the SMAC advocated that a concussed athlete must be removed from play and not allowed to return to play on the same day. In 2009, the position was adopted by a leading group of sports concussion experts and the National Football League (NFL).

For 2010–11, the NFHS implemented new guidelines for the management of a student exhibiting signs, symptoms or behaviors consistent with a concussion. Based on the SMAC, these guidelines have been included in all NFHS rules books for the 2010–11 season. The language reads: "Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion, such as loss of consciousness, headaches, dizziness, confusion or balance problems, shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional."

The NFHS Coach Education Program began in 2007 with two core courses – *Fundamentals of Coaching* and *First Aid for Coaches*. The core courses provide coaches with content from all eight domains contained in the National Standards for Sport Coaches (NASPE 2006). These two courses form the foundation from which all elective courses and sport-specific courses are developed specifically for interscholastic coaches. To date, more than 140,000 coaches have completed *Fundamentals of Coaching*. Forty-five of the 51 NFHS member associations have adopted or

recommended the course. All 14 of the NFHS coach education courses, including sport-specific courses for football, soccer, softball, spirit, volleyball and wrestling, are available at www.nfhslearn.com.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and fine arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and fine arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and Rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.5 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; produces publications for high school coaches, officials and athletic directors; sponsors professional organizations for high school coaches, officials, spirit coaches, speech and debate coaches and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org.

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Coach Education Program

Concussion in Sports

What You Need to Know

Available at www.nfhslearn.com

- Available at no cost to users
- Accessed 24/7/365 at www.nfhslearn.com
- Unlimited access for one year
- Complete in twenty (20) minutes
- Verify user completion using the "Coach Search" feature at www.nfhslearn.com
- Printable resources for coaches and parents provided by the Center for Disease Control (CDC) and the National Federation of State High School Associations (NFHS).

Courses currently available
at www.nfhslearn.com:

CORE COURSES

Fundamentals of Coaching
First Aid for Coaches

SPORT-SPECIFIC COURSES

Soccer (NSCAA)
Wrestling (NWCA)
Football (USAF)
Volleyball (USAV)
Spirit Safety (AACCA)
Softball (ASA/USAS)

ELECTIVE COURSES

Effectively Engaging with Parents
Teaching & Modeling Behavior
Teaching Sports Skills
NCAA Eligibility

Course Objectives:

- Educate coaches, parents, officials, and students about concussions
- Identify the signs and symptoms of concussions
- Understand the problems associated with concussions
- Explain the actions to take when a concussion is suspected
- Identify responsibilities of coaches, parents, officials, and students





Concussion in Sports - What You Need to Know

Ordering Information at www.nfhslearn.com

Concussion In Sports - What You Need to Know

Unit 1: Concussion Overview
 Introduction
 What is a concussion?
 What happens to the brain?
 Unit 2: The Problem
 Unit 3: Your Responsibility
 Unit 4: Review
 Course Evaluation

When in doubt, sit them out!

TRANSCRIPT RESOURCES

Hi, I'm Dr. Mick Koester, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon.

As you are well aware, concussions have become a huge topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports,

CONCUSSION IN SPORTS WHAT YOU NEED TO KNOW
 CLICK TO ACCESS THIS FREE COURSE

Get Certified!
 Click here to get started!

Fundamentals of Coaching Softball
 New course now available!

NATIONAL ACCREDITATION
 Fundamentals of Coaching and First Aid for Coaches are the first online courses accredited by NCACE.

CORE COURSES
 Click to learn more about these NFHS Core Courses:
 NFHS Fundamentals of Coaching
 First Aid for Coaches

NFHSLEARN.COM - A CUSTOMIZED EXPERIENCE!
 Get a custom approach to the NFHS Learning Center that is specifically designed with your sport and experience in mind!
 Select the sport you coach from the list below and discover courses and tools geared toward your coaching expertise.
 Please select your sport to get started:
 Please Select

Steps to access the FREE course:

1. Go to www.nfhslearn.com
2. Sign in with your e-mail and password if you have previously registered.
3. If you need to register, it will only take a couple of minutes. All users at www.nfhslearn.com must be registered with a unique e-mail address and password.
4. Toward the upper left-hand part of the screen, you will see the "Click to Access This Free Course" for **"Concussion in Sports — What You Need to Know."**
5. You can order licenses as an individual to take the course yourself OR you can purchase courses in bulk if you intend to distribute the courses to others (there is a limit of 99 licenses per any one order).
6. Note: You will need to click on "Save" once you have put the course(s) in your cart and before you can proceed to Checkout.
7. As you go through the process you will see that you are using the "purchasing process" that is standard for NFHS Coach Education courses. You are not being charged anything for the Concussion courses. You do have the ability to order other courses at the same time, and you will be asked for payment for those.
8. You can then start the course if you ordered as an individual or begin distributing the licenses if you ordered in bulk.
9. If necessary, refer to the form regarding distributing bulk licenses. It can be found in the Locker Room at www.nfhslearn.com.

The online concussion course is offered at no cost to the user. Once you have finished, you will be added to the database as having completed the course. The name of the individual completing the course will appear in the "Coach Search" feature as having completed this course along with any other courses completed at www.nfhslearn.com.



Purchasing NFHS Coach Education Courses at www.NFHSLearn.com

Bulk Online Course Purchases

- Go to www.nfhslearn.com and sign in.
- Select the "Courses" page from the drop down menu in the red banner at the top of the page.
- Select the course you wish to purchase.
- Click on the "Purchase" button. (you may have to scroll down)
- Select "I am purchasing one or more courses that I intend to distribute to others."
- Select the course, state, and quantity and click "Add."
- When ready, click on "Checkout."
- Select payment type: Purchase Order or Credit Card.



Purchase Orders

- You must purchase a minimum of 5 total courses to use a purchase order.
- If you select purchase order, then you will receive notification once your purchase order has been approved or denied.
- Once approved, you will be able to sign in to your account and distribute licenses. The e-mail you receive will include instructions for distributing the licenses (also see Distribution Instructions).

Credit Cards

- If you select credit card, then you will have immediate access to distribute your licenses once your credit card transaction goes through.
- Please follow the instruction on the screen or see Distribution Instructions.

Distribution Instructions for Online Courses

- Go to www.nfhslearn.com and sign in.
- Click on the "Distribution" text link just below the red banner at the top of the page.
- If you have made more than one purchase, be sure you have selected the appropriate invoice and courses to distribute.
- Enter the email address and name of the person who should receive the license.
- Click Send License once all information is entered and correct.
- Once a license has been distributed, you can return to the distribution list to check a coach's course progress.



I have been given a license number, how do I redeem it for a course?

- Step 1: Register on the site or "Sign In" using your email address and password. On future site visits you will always use this email address and password to access courses, purchase courses or redeem licenses.
- Step 2: Click on "My Homepage".
- Step 3: Click the Redeem License button just below the red banner at the top of the page.
- Step 4: Enter your license number and click Submit. (You will only have to enter this number ONE TIME, on future site visits you will access the course by entering in your email address and password). As you enter the license code, be sure you are not confusing numbers and letters.
- Step 5: Follow on screen instructions.

****REMEMBER:** You will ONLY use this license one time (like a coupon). When accessing the course after the license has been redeemed, sign in using your email address and password.