

KSHSAA STUDENT SAFETY PRESEASON EDUCATION REQUIREMENTS

Important notes regarding the following educational requirements:

1. These educational programs need to be completed only one time each school year, no matter the number of sports/activities the person is involved in.
2. These educational programs may take place in a group setting.
3. These educational programs may be delivered through an online course or OR be delivered in-person by a local or school healthcare professional.*
4. Athletic/Activity administrators are responsible to document coach/sponsor, student-athlete and school administrator's attendance.

*Schools may determine the type/style of training to meet these requirements that best fits their needs.

In January 2015 the KSHSAA Executive Board adopted the following student safety requirements for ALL coaches, student participants and school administrators responsible for event coverage:

▪ Concussion and Head Injury 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)

*Concussion for Students (www.NFHSLearn.com)

*ConcussionWise, athlete version (www.sportsafetyinternational.org/cw-athlete-course/)

ConcussionWise, coach version (www.sportsafetyinternational.org/cw-coach-course/)

CDC Heads Up Concussion in Youth Sports (<https://www.cdc.gov/headsup/youthsports/training/index.html>)

*Course content designed for student-athletes.

In January 2015 the KSHSAA Executive Board adopted the following student safety requirement for ALL Fall coaches/sponsors:

▪ Heat Illness Prevention Education

On an annual basis and prior to the beginning of fall sports practices, each KSHSAA member school will provide all coaches/directors of its athletic and activities programs with an educational in-service program on prevention of heat illness and proper hydration of participants.

- 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)