



Requirements for Coaches
2018 Check List

Coaches need the following:

1. Concussion Training Certificate
2. Lindsay's Law (Sudden Cardiac Arrest Training)
3. Signed Knothole Coach's Contract
4. Background Checks

Below is information on how to complete the above requirements.

1. **Online Concussion Management Training** (The following three **free online** trainings have been approved by ODH for coaches and referees):

- **National Federation of State High School Associations Concussion in Sports - What you Need to Know:**
 - i. <http://nfhslearn.com/courses>
 - ii. This free on-line course is available through the NFHS. You will need to click the "order here" button and complete a brief registration form to take the course. Follow these steps to complete the course:
 1. Click on the button that says, "*please login to order.*" In the window that appears, click "*Register Now*".
 2. When your registration is complete you may "*order*" the free concussion course offered along the left-hand side of the page. Continue following prompts. Although it may look like you'll be charged for the course, there is no cost.
 3. Once you have completed "*checkout,*" you'll be able to take the free online course.
 4. When you have completed and passed the course, you have the option of printing a certificate of completion.
- **National Alliance for Youth Sports (NAYS) Concussion Training:**
 - i. <http://www.nays.org/additional-training/preview/concussion-training.cfm>
 - ii. This free online course is available to all coaches and parents. To register, pass the course and obtain a certificate of completion you will need to follow these steps:
 1. Click the "*Sign Up*" button and complete the brief registration form to create a free account.
 2. From your account you will want to select the "*Go to clinic*" link to begin.
 3. On the overview page you will need to select the "*I want a certificate for this training*" button to satisfy the Ohio law and obtain a certificate of completion.
 4. Answer all of the exam questions for each section. When complete, an "*Access Your Certificate*" link will appear under the More Resources tab for easy printability of your certificate. (Existing **NYS** coaches and **PAYS** parents can also add concussion training for free to their existing account.).
- **Centers for Disease Control and Prevention (CDC) Heads Up Concussion in Youth Sports Training:**
 - i. http://www.cdc.gov/concussion/HeadsUp/online_training.html

2. Lindsay's Law: Sudden Cardiac Arrest in Youth Athletes

- **What is Sudden Cardiac Arrest?**
 - A Sudden Cardiac Arrest (SCA) occurs when the heart suddenly and unexpectedly stops beating, cutting off blood flow to the brain and other vital organs. Sudden cardiac arrest is fatal if not treated immediately, most often by a defibrillator.
- **Who is Lindsay?**
 - Senate Bill 252 is named for national heart health advocate and former Miss Ohio Lindsay Davis who suffers from a heart condition and has since dedicated her career to raising awareness of this potentially fatal condition.
 - "Sudden cardiac arrest is the number one killer of student athletes," said Davis. "At any moment I could have died because coaches and teachers had no idea this was even a possibility for someone who looked as healthy as I did at that age."
- <http://ohiosenate.gov/republicans/press/hite-joins-former-miss-ohio-to-announce-passage-of-lifesaving-bill-addressing-risk-of-sudden-cardiac-arrest-in-student-athletes>
- **Lindsay's Law**
 - Lindsay's Law, Ohio Revised Code [3313.5310](#), [3707.58](#) and [3707.59](#) went into effect in 2017.
 - In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest.
- The following resources were developed to implement Lindsay's Law:
 - For **frequently asked questions and answers**, [click here](#).
 - For **parents/guardians and youth athletes**:
 - [Required video](#)
 - [Required SCA Informational Handout](#)
 - [Required Signature Form](#)
 - For **coaches**:
 - If you are a coach for an interscholastic sport and are licensed by the Ohio Department of Education, please visit their [website](#) for information about their training requirements around Lindsay's Law.
 - If you are a coach in a community program, please use the following resources:
 - [Required video](#)
 - [Required SCA Informational Handout](#)
- **ODH Contact Information**
- Ohio Department of Health
School Nursing Program
246 North High Street, 7th Floor
Columbus, OH 43215
Telephone: 614-466-1930
Email: BCHS@odh.ohio.gov

3. Signed Knothole Coach's Contract

- A signed coach's contract is required by all coaches participating in Knothole Baseball.
 - i. Go to: <http://KnotholeBaseball.com>.
 - ii. Click blue "REGISTER NOW" button.
 - iii. Scroll down to the correct registration.
 - iv. Click green "Register" button.
 - v. Fill out form and submit.

4. Coach's Background Check

- We recommend that all coaches get a background check for their organization.
 - i. Knothole Baseball has partnered with the National Center for Safety Initiatives through LeagueAthletics.com.
 - ii. More information to follow...