REQUIRED BEFORE ATHLETE CAN PARTICIPATE IN COMPETITION:

3 VIDEOS ON NFHS LEARN:

- Concussion in Sports
- Sudden Cardiac Arrest
- Heat Illness
- Tackling (football only)

Create an account if you do not have one. You will have to add the courses to your cart and checkout before you can watch them. The videos are free.

Go to https://nfhslearn.com/

IMPACT TESTING:

https://www.impacttestonline.com/testing/

- Sign On Code: 33RDKY4AYZ
- This is done every 2 years