

If you have not played a sport already this year you must complete the below NFHSS courses and email coach Anderson each certificate. in order to participate.

The following must be completed by each player before the first practice:

**Course #1: Concussion in Sports**

**Course #2: Heat Illness Prevention**

**Course #3: Sudden Cardiac Arrest**

#### **Course Ordering**

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com)

Step 2: "Sign In" to your account using the email address and password you provided at time of registering for an nfhslearn account.

OR

If you do not have an account, "Register" for an account.

Step 3: Click "Courses" at the top of the page.

Step 4: Scroll down to "**Concussions in Sports**" from the list of courses.

Step 5: Click "View Course"

Step 6: Click "Order Course"

Step 7: Select "Myself" if the course will be completed by you.

Step 8: Click "Continue" and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for this course.)

#### **Beginning a Course**

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com)

Step 2: "Sign In" to your account using the email address and password you provided at the time of registering for an nfhslearn account.

Step 3: From your "Dashboard," click "My Courses"

Step 4: Click "Begin Course" on the course you wish to take.

\*Your course will launch on the same page of the web browser.

\*\*Click "Back to Dashboard" when ready to exit course.