

NCSS & FHSAA Offer PREPARE – a sports safety course for coaches!



NATIONAL
CENTER FOR
SPORTS
SAFETY



HB 1539 STATES (2009): ALL PUBLIC SCHOOL ATHLETIC COACHES (PART-TIME & FULL-TIME) MUST COMPLETE A SPORTS SAFETY COURSE. THE FHSAA BOARD OF DIRECTORS HAS APPROVED THE PREPARE COURSE. COMPLETION OF THIS COURSE WILL COUNT FOR 6 HOURS OF INSERVICE.

***Who is NCSS?** A non-profit founded to promote the importance of injury prevention and safety on all levels of youth sports through education and research. The NCSS focuses on decreasing the number and/or severity of injuries through developing and teaching **sports safety** courses and collecting, analyzing and researching injury data*

What is PREPARE? A sports safety course aimed at educating coaches on how to prevent common injuries, how to recognize symptoms of potentially dangerous conditions, and how to respond in emergency situations.

How to PREPARE:

Go to www.SportsSafety.org click the **BLUE** box to start the **PREPARE** course and follow the registration prompts

MUST USE PROMO CODE DURING REGISTRATION: FHSAA6-12/2010

PREPARE Topics:

1. Emergency Planning
2. Heat & Cold Illnesses
3. Emergency Recognition
4. Medical Considerations
5. Principle of First Aid
6. Head, Neck, & Facial Injuries
7. Warm-up & Cool-down
8. Concussions, Supplements, & Basic Anatomy & Injury Terminology

Florida Statute Requirements:

- ◆ All non-certified public school interscholastic coaches must complete a sports first aid course by Fall 2010 in order to receive a coaching certificate.
- ◆ Completion must be prior to a coach's season.
- ◆ The **PREPARE** course will meet all Florida school districts requirements for 6 professional development hours in sports first aid.
- ◆ To receive credit, all coaches must use the assigned promo code to receive credit through FHSAA.

NCSS Commitment:

“There is not one parent that would drop their child off at a local community pool if there were not a certified lifeguard on duty. That same standard of care should be available at every sports facility in this country.”

Founder, Dr. Lawrence J. Lemak

QUESTIONS?

NCSS

www.SportsSafety.org
866-508-NCSS

FHSAA

www.fhsaa.org
352-372-9551

~COURSE AVAILABLE BEGINNING MAY 16, 2010~