**FHSAA Requirements:** To be completed once each school year. The FHSAA requires all athletes to watch four videos (Concussions for students, Heat Illness Prevention, and Sudden Cardiac Arrest) prior to the season beginning. These videos must be viewed and the certificates for each given to the Athletic Director (either a hard copy or sent by email) **BEFORE** the start of the first game.

**Course Ordering**

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

• Register for an account if you do not already have one. Please do this in the student-athlete’s name so that his/her name will show up on the certificate.

• Click on “Courses”, select “Concussion for students”, “Heat Illness Prevention”, and “Sudden Cardiac Arrest” from the list of courses.

• Choose “view course” and then “order course”.

• Select “Myself” as the course will be completed by you.

• Select your State and click “Order Course” (you will not be charged for the videos they are free).

• Click “Continue” and follow the on-screen prompts to finish the checkout process. Again, there are no fees for these courses.

**Beginning a Course**

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

• “Sign In” to your account using the email address and password you provided at time of registration.

• From your “Dashboard” click “My Courses” and select the “Active” tab.

• Click “Begin Course” on the course you wish to take.

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

• In the Concussion for students video (approximately 25 minutes):

* You will need to click “next” from time to time.
* In Unit 3 on one of the slides you will see two panels (one labeled school and one labeled home), you will need to click on each of these before being allowed to click “next”.

• In the Heat Illness Prevention video (approximately 40 minutes)

* You will need to click “next” after each section.
* Some sections require you to read, not listen.
* You will need to click on items in one of the sections.

• In the Sudden Cardiac Arrest video (approximately 15 minutes)

* You will need to click “next” after each section
* Some section will require you to read or listen

When you finish print the Certificate of Completion at the end of each of the courses and send to the Athletic Department. (Coach Fogg) You may also email this to me at Seth.Fogg@northtampaca.com. We are required to keep a copy on file. Remember, you must complete this before your first game begins. If you have any questions or are having problems getting through the process, please feel free to contact Coach Fogg.