



### **CENTRAL CATHOLIC COACHING REQUIREMENTS & OSAA CERTIFICATIONS**

All NEW AND RETURNING coaches must complete the Archdiocese CTP/CASE training, ALICE training in addition to all required OSAA certifications below before interacting with any student-athlete during the sport's season.



#### **NFHS Fundamentals of Coaching**

One time requirement - \$50

<https://nfhslearn.com/courses/61113/fundamentals-of-coaching>



#### **Concussion in Sports Training**

Required every year – free.

<https://nfhslearn.com/courses/concussion-in-sports-2>



#### **Anabolic Steroids and Performance-Enhancing Substances Training**

Required every 4 years – free.

<https://nfhslearn.com/courses/61121/appearance-and-performance-enhancing-drugs-and-substances>



#### **NFHS Heat Illness Prevention**

Required every 4 years - free

<https://nfhslearn.com/courses/heat-illness-prevention-2>



#### **First Aid / CPR / AED Training**

Required every two years - \$35

[First Aid CPR Online Training Course](#)



#### **NEW!! OSAA Interrupting and Preventing Discriminatory Acts Training**

One time requirement

» [OSAA Online Course](#)



#### **Central Catholic Coaches Code of Conduct**

Required annually. Available under "Forms" in Athletics/Coaches Resources on website.

#### **Additional requirements for Football and Cheer/Song Coaches:**



#### **Heads Up Football Certification**

Required every year (only for football coaches) - \$25, [NFHS Heads Up Football Certification](#)

Composed of 4 course components that must be completed annually: Concussion in Sports, Heat Illness Prevention, Sudden Cardiac Arrest, Blocking, Tackling & Equipment Fitting.



#### **OSAA Spirit Safety Clinic**

Required every year (only for cheerleading & dance/drill coaches) – free.

OSAA in-person clinic - registration required. <http://www.osaa.org/spirit-safety/clinic>