# **Concussion Protocol Training**

1. Log in to www.cifstate.org/sports-medicine/concussions/index

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2. Select the "Concussion in Sports" button

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	CALIFORNIA INTERSCHOLASTIC FEDERATION					
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	MEDIA CENTER / OFFICIALS / S'ONSORS / MERCHANDISE / CIF SECTIONS / FAQ'S / ABOUT					
Concuss	ions					
Updated N	Jarch 2016					
Nationwide fully recove concussion	e data continues to show that many catastrophic held injuries are a direct result of injured athletes returning to play too soon, not having red from the first head injury. Additionally, the Centres for Disease Control reports that approximately 3 million sports and recreational occur every year.					
California I through th	aw mandates that all coaches must receive training on corcussions. The training may be fulfilled through the free, online course available e National Federation of State High School Associations (NHS).					
	Complete this 20 minutes in the NEHC and the CIE					
	Complete this 20-minute and a second and the NFRS and the CF.					
	Coaches should download and print their certificate at the completion of the course.					
Additionall Informatio	y, California law mandates that all CIF member schools must comply with the following: On a yearly basis, a concussion and head injury n sheet shall be signed and returned by the athlete and the athlete's parent or guardian <u>before the athlete's initiating practice or competition</u> .					
Below are o parents an	documents from the CIF Sports Medicine Advisory Committee (SMAC) that schools/districts may use to <u>meet this mandate</u> which informs d students on concussion signs and symptoms.					
NEW - CIF ( This form i	Concussion Information Sheet / Spanish Version s recommended for use by the CIF Sports Medicine Advisory Committee (SMAC)				۵	

## 3. Select "Register"



### 4. Create an account



5. For "Full name of school/organization" enter Toluca Baseball



### 6. Select "Order Course"

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# 7. Select "Order Course" again



# 8. Select "Checkout"

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# 9. Select "Continue"

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# 10. Select "Begin Course"

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# 11. Begin course



### 12. Complete test



#### 13. Select "Download Certificate"



## 14. Save your certificate as a PDF. Name it lastname, firstname.pdf (example – poulsen, phil.pdf)



15. Email your certificate to contact@tolucabaseball.com