

Please be advised that, beginning with the 2016-17 school year, all Nebraska high school coaches will have new coach education requirements. School administrators will be required to keep records of successful completion of these newly required courses by their school's coaches.

Exertional heat stroke is the leading cause of preventable death in high school athletics. Exertional heat stroke also results in thousands of emergency room visits and hospitalizations throughout the nation each year. The National Federation of State High School Associations (NFHS) offers a free online course entitled "Heat Illness Prevention" that will be required of all Nebraska high school coaches, beginning next fall. This course might be applicable for marching band directors to also access, as early-season marching band also often battles heat and hydration issues.

Sudden cardiac arrest is the number one cause of death in the United States for high school student athletes during exercise. Caused by a structural or electrical problem associated with the heart, sudden cardiac arrest happens when the heart unexpectedly stops beating and pumping blood. With content developed by Simon's Fund, this NFHS "Sudden Cardiac Arrest" course will help coaches learn and recognize the warning signs and symptoms of sudden cardiac arrest. Also included are tips for what to do in the critical moments after an individual suddenly collapses in order to save his or her life.

The NSAA Board and staff (and the NSAA Sports Medicine Advisory Committee) were in agreement that if these additional educational requirements save just one life, the additional time burden on coaches will be well worth the efforts. These online courses take about 20-30 minutes each to complete, and they are FREE. Schools may have their coaches login to nfhslearn.com to individually take these courses. School administrators will be able to monitor their coaches' completion of these courses by accessing the NFHS database. Or schools may wish to go through the course in a group setting with all of the school's coaches; schools would be expected to maintain documentation of those coaches who complete the courses in such a group setting. And plans are tentatively being made to offer these courses at the summer Nebraska Coaches Association Coaches Clinic.

School administrators will be expected to monitor and assure that these educational coaching requirements are met. **As a recap, all Nebraska high school coaches will be required to take the following NFHS courses beginning with the 2016-17 school year: (1) Concussion in Sports (currently required through statute); (2) Heat Illness Prevention; and (3) Sudden Cardiac Arrest.**

Schools with questions about these courses or this new requirement can either contact Executive Director Dr. Jim Tenopir (jtenopir@nsaahome.org) or Assistant Director Ron Higdon (rhigdon@nsaahome.org).