



## **MPSSAA Care & Prevention of Athletic Injuries Refresher Certification**

MPSSAA Handbook (COMAR) Page 31:

*Beginning July 1, 2017, in order for coaches to stay relevant with the care and prevention of athletic injuries to students, all coaches are required to recertify utilizing a local school system approved online course within the last five (5) years.*

**The requirements of the Care and Prevention Refresher Certification include:**

### **Required NFHS Courses (all free of charge)**

- Maryland State Component
- Concussion in Sports
- Heat Illness Prevention
- Sudden Cardiac Arrest
- One Elective Class from the list below.

### **Elective Classes (needed 1)**

- ACL Prevention
- Sports Nutrition
- Protecting Students from Abuse
- Understanding Vaping and E-Cigarettes
- Student Mental Health and Suicide Prevention
- Appearance of Performance Enhancing Drugs and Substances
- Bullying, Hazing and Inappropriate Behaviors
- Strength and Conditioning (\$)

Upon ordering the Maryland State Component, on the NFHS Dashboard under "My National Certification" the MPSSAA Care and Prevention Refresher State Certification will appear.

You can find the state component here: <https://nfhslearn.com/courses/61184/maryland-state-component>

Note: It is not listed on the courses page unless you select "state components" on the left side filter menu.

### **When do I need to take the Online Care & Prevention Refresher Certification?**

<b>Date I took C&amp;P</b>	<b>Date I need to Complete C&amp;P Refresher</b>
July 1, 2017 or Earlier & College Credit	July 1, 2022
Month/Year of C&P Completion	+5 years

## Directions for Completing MPSSAA Care & Prevention of Athletic Injuries Refresher Certification

**STEP # 1:** Go to [www.nfhslearn.com](http://www.nfhslearn.com) & log-in.

**STEP # 2:** Click on “**COURSES**” at the top of the screen

**STEP # 3:** Click on “**State Components**” on the left of the screen under “**Category**”

**STEP # 4:** Choose “**Maryland State Component**” and Click on “**View Course**” (hover over MPSSAA logo)

**STEP # 5:** Click on “**Order Course**” (Blue Box)

**STEP # 6:** Click on “**Myself**” and then “**Continue**”

**STEP # 7:** Click on “**Check Out**” (Blue Box)

**STEP #8:** Click on box to agree to NFHS Refund Policy and then click on “**Continue**” (Blue Box)

**STEP # 9:** Click on “**Go to My Courses**” (Blue Box)

**STEP # 10:** Click on “**Begin Course**”

### After completing the Maryland State Component ...

**STEP # 11:** Go to “**My Credentials**” on the main page by clicking on **Dashboard**.

**STEP # 12:** Click on “**My Credentials**” and select “**MPSSAA Care & Prevention Refresher**”

**STEP # 13:** Order & complete additional C& P Refresher requirements.

- *Based on when you took the following three courses, you may have to take them again*
  - *Concussion in Sports*
  - *Sudden Cardiac Arrest*
  - *Heat Illness Prevention*
- *You will have 8 options under “Health & Safety Courses”*
- *“Strength & Conditioning” costs \$50; the other 7 courses are free*

### After completing the MPSSAA Care & Prevention Refresher ...

**STEP # 14:** Go to “**My Certificates**” on the main page.

**STEP # 15:** Click on “**Download**” under “MPSSAA Care & Prevention Refresher” & forward a copy of your certificate to your Athletic Director