



FHSAA Requirements: To be completed once each school year. Certificate must be dated after June 1, 2023.

The FHSAA requires all student-athletes to **three** videos (Concussion in sports, Heat Illness Prevention, and Sudden Cardiac Arrest) prior to any try-outs or practices. These videos must be viewed and the certificates for each given to the Athletic Office (either a hard copy sent into the office or sent by email) **BEFORE** the student-athlete will be allowed to be at any practice, conditioning, or try-out.

Course Ordering

- Go to www.nfhslearn.com.
- Register for an account if you do not already have one (once you have registered you will not

need to register in the future).

- Winter Haven Christian School will not show up, but you do not need to include the school.
- Click on **“Courses”**, select either **“Concussion in sports”**, **“Heat Illness Prevention”**, or **“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”** (the videos 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.
- **“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 in sports video (approximately 25 minutes):
- 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 on one of the sections.

- In the Sudden Cardiac Arrest video (approximately 15 minutes)
- Print the Certificate of Completion at the end of each of the courses and send to the Athletic Department. You may also email this to me at egraham@whcsonline.org. We are required to keep a copy on file.

Remember, you must complete this before you are allowed to be at practice, conditioning, or try-outs.