

Concussion Training

This is mandatory for all volunteers to do annually; it is a state law. CDC has free on-line class that takes about 25 to 30 minutes.

The league is required to keep a copy of the volunteer's certificate on file.

1. [CDC's HEADS UP to Youth Sports Coaches](#)

Overview

HEADS UP to Youth Sports Coaches: Online Concussion Training

[Take the Training](#)

2. This will take you to this page:
[CDC Train: HEADS UP](#)
3. You will need to Create Account/Log In
4. You will choose:
 - HEADS UP Concussion Training
 - County: Sonoma
 - A verification link will be sent to your email
5. Follow link to your account; complete Account Profile
6. "Course Catalog"
 - Search "HEADS UP to YOUTH SPORTS: Online Training for Coaches"

CDC TRAIN

HOME **COURSE CATALOG** YOUR LEARNING CALENDAR RESOURCES DISCUSSIONS HELP

Use this page to search for any course or document on the TRAIN Learning Network site. The results may be limited by any groups you are a member of ([profile for details](#)).

HEADS UP to YOUTH SPORTS: Online Training for Coaches

Filters

Search By

< Any Search By Courses

584 record(s) found.

Courses x

HEADS UP to Youth Sports: Online Training for Coaches

7. Complete training
8. **YOU MUST SUBMIT PROOF OF COMPLETION (Certificate) to Safety Officer:**
seblsafetyofficer@gmail.com