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.

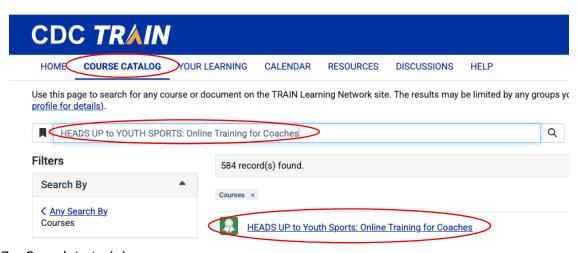
1. CDC's HEADS UP to Youth Sports Coaches



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"



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