



MODEL COACH EDUCATION POSITION

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Background: There are an estimated 1,000,000 interscholastic coaches in the United States that teach and coach over 7.5 million students who participate in both individual and team sports. Since the inception of the NFHS Coach Education Program in 2007 the number of coaches who have received training in the NFHS core course, Fundamentals of Coaching, has increased from 8% to over 40%. Although this is a major step in the right direction, the NFHS believes that all individuals who coach interscholastic sports must be trained in their role and responsibilities as an interscholastic coach so that all students who participate are given the opportunity to reach their maximum potential, minimize the inherent risk of participation, and enjoy a positive educational experience. To that end, the NFHS Coach Education Committee offers the following recommendations to communities that offer interscholastic sports in their schools.

The NFHS Education Committee recommends that all interscholastic coaches*:

1. Complete the NFHS Fundamentals of Coaching course prior to having contact with students.
2. Complete the NFHS First Aid, Health and Safety course or its equivalent prior to having contact with students.
3. Complete the NFHS Concussion in Sports free course prior to having contact with students.
4. Complete the NFHS Strength and Conditioning course prior to supervising students in the weight room or coaching conditioning drills.
5. Complete the NFHS Heat Illness Prevention course when coaching in an environment where heat, hydration and acclimatization are an issue.
6. Complete those courses necessary to become an NFHS Accredited Interscholastic Coach (AIC) within their first year of coaching.
7. Maintain current certification in CPR, AED, and First Aid, Health and Safety.
8. Complete NFHS online courses or professional development specific to their sport each year they are an interscholastic coach.
9. Know the playing rules of their sport(s) and understand state association rules and policies governing sports.
10. Encourage the participation of team building activities and community service projects with your team during the season and school year.
11. Pursue NFHS Certified Interscholastic Coach (CIC) credential within five years of becoming an AIC.
12. Read, understand and agree to the NFHS Coaches Code of Ethics by signing a copy for the school to keep on record.

**Note: "All Coaches" refers to individuals that either are paid or volunteer.*