



## SOUTH LYON AREA RECREATION AUTHORITY INFORMATION FOR VOLUNTEERS/COACHES

The South Lyon Area Recreation Authority is now required to have all volunteers coaches and contractors certified in Concussion Training. This is due to a new law passed in Michigan as of July, 2013. All coaches and volunteers must take this online training course and provide certification to the SLARA office before any practices/games start. Any contractors must have any staff utilized for SLARA programs certified. Certificates of completion may be requested by the SLARA at any time. If certifications cannot be provided, it will nullify any contract with the SLARA.

The "Heads Up" concussion training program is an online course. You will need to set up an online account for this training. It should take you approximately 40 minute to complete and upon completion will allow you to print out a completion certificate. This certificate should then be emailed or sent to the SLARA office for filing.

During this training you will:

- Learn to understand what a concussion is and the potential consequences of this injury,
- Be able to recognize concussion signs and symptoms and learn how to respond,
- Learn about steps for returning to activity after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season

TO COMPLETE THE "HEADS UP" ONLINE CONCUSSION TRAINING COURSE, PLEASE GO TO THE FOLLOWING ONLINE LINK.

<http://www.cdc.gov/headsup/youthsports/training/index.html>

