

**NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS**



NEWS RELEASE

**NFHS Coach Education Program Offers New First Aid Course with
Assistance of American Red Cross**

FOR IMMEDIATE RELEASE

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INDIANAPOLIS, IN (January 7, 2013) — With the assistance of the American Red Cross, the National Federation of State High School Associations (NFHS) has developed a new first aid course – “First Aid, Health and Safety for Coaches” – for its online Coach Education Program at www.nfhslearn.com.

The course – one of two core courses along with “Fundamentals of Coaching” – is designed to provide interscholastic coaches an overview of first aid, as well as the best practices for many first aid situations that coaches may encounter. A certificate of completion, which is valid for two years, will be available to individuals who complete the course.

The two core courses in the NFHS Coach Education Program provide coaches content from all eight domains contained in the National Standards for Sport Coaches, which were established by the National Association for Sport and Physical Education (NASPE) in 2006.

“First Aid, Health and Safety for Coaches” is composed of eight units, as well as demonstration videos and printable PDF forms. Unit topics are 1) *Before Giving Care*; 2) *Breathing Emergencies*; 3) *Sudden Illness*; 4) *Environmental Emergencies*; 5) *Soft Tissue Injuries*; 6) *Injuries to Muscles, Bones and Joints*; 7) *Health and Safety in Sports, Part 1*, which deals with psychological issues such as eating disorders; and 8) *Health and Safety in Sports, Part 2*, which addresses skin conditions and infectious diseases.

The course also includes videos that demonstrate 1) moving an injured athlete, 2) caring for an unconscious athlete, 3) splinting, 4) proper removal and disposal of latex gloves, 5) controlling bleeding, 6) proper hand washing, and 7) preparing a sling.

The NFHS Coach Education Program offers 32 online courses, including the two core courses – “Fundamentals of Coaching” and “First Aid, Health and Safety for Coaches.” The NFHS also offers 14 sport-specific courses and 16 elective courses, including seven that are free.

All NFHS Coach Education Program courses are available at www.nfhslearn.com.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.6 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at www.nfhs.org.

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