



# Charles County Public Schools

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From: Steven Lee, Coordinator of Student Activities  
Date: October 23, 2020  
Subject: Care and Prevention of Athletic Injuries Refresher Courses

The MPSSAA launched on the NFHS Learn Website a Maryland State Course Component and Care and Prevention of Athletic Injuries Refresher Certification. The requirements of the Care and Prevention of Athletic Injuries Refresher Certification include:

**Required Courses (all free of charge):**

- Maryland State Component
- Concussion in Sports
- Heat Illness Prevention
- Sudden Cardiac Arrest
- One Elective Class from the list

**Elective Classes (needed 1):**

- ACL Prevention
- Sports Nutrition
- Protecting Students from Abuse.
- Understanding Vaping and E-Cigarettes
- Student Mental Health and Suicide Prevention
- Appearance of Performance Enhancing Drugs and Substances
- Bullying, Hazing and Inappropriate Behaviors
- Strength and Conditioning (\$ Fee for class)

Upon ordering the Maryland State Component, on the NFHS Dashboard under "My National Certification" the MPSSAA Care and Prevention Refresher State Certification will appear.

The state component can be located at <https://nfhslearn.com/courses/61184/maryland-state-component>. It is not listed on the courses page unless you select "state components" on the left side filter menu.

Once you order the Maryland State Component, the "MPSSAA Care & Prevention Refresher" will appear within the "My National Certification" tab on the user's dashboard.

Once a coach completes all components, an email will be sent to the recipient and a certificate will appear for download under the "My Certificate Section".

**CARE AND PREVENTION OF ATHLETIC INJURIES (MPSSAA Handbook ([www.mpssaa.org](http://www.mpssaa.org)))**

.04B(3) "All coaches shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries."

Interpretation: The following interpretation of that bylaw was agreed upon by formal vote of the MPSSAA Board of Control:

1. The completion of the Care and Prevention Course will be required by August 15, 1989.
2. Coaches beginning employment after August 15, 1989, will have one (1) year to complete the course.
3. Beginning July 1, 2017, in order for coaches to stay relevant with the care and prevention of athletic injuries to students, all coaches are required to recertify utilizing a local school system approved online course within the last five years...

**It's all about teaching and learning.**

Linda Gill, Ed.D.  
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