

# OSAA Information and Resources for Coaches

## AD and Coach Requirements

This page highlights the certification and training program requirements for Oregon high school Athletic Directors and Coaches. Full details on AD and Coach certification requirements can be found in the [OSAA Handbook](#).

For athletics (football, volleyball, soccer, cross country, basketball, swimming, wrestling, baseball, softball, track & field, golf, and tennis), coaches must complete required certifications before interacting with participants during that sport's season.

Cheerleading and dance/drill coaches must complete required certifications by the first day of the association year (the first practice date in the fall).

## Lookup a Certification

Certified through NFHS after August 1, 2007  
» [NFHS Learning Center Lookup](#)

NFHS Fundamentals of Coaching certified through ASEP prior to August 1, 2007 (Sorted by last name)

» [ASEP Certified List](#)

NOTE: All ASEP-certified coaches will be grandfathered into the OSAA requirement for the NFHS Fundamentals of Coaching course, these previously certified coaches are **not** required to take the NFHS Fundamentals of Coaching course.

ODE Steroid List of Completed Assessments

» [ODE Training and Assessment](#)

## Required Certifications and Training Courses for Oregon High School Coaches



### NFHS Fundamentals of Coaching

*One time requirement, or grandfathered*

"NFHS Fundamentals of Coaching" - \$50  
» [NFHS Online Course](#)



### Concussion in Sports

*Annual - required every year*

"NFHS Concussion in Sports" - free  
» [NFHS Online Course](#)



### Heat Illness Prevention

*Quadrennial - required every 4 years  
Annual - required every year (only for football coaches)*

"NFHS Heat Illness Prevention" - free  
» [NFHS Online Course](#)



### Appearance and Performance Enhancing Drugs and Substances Training

*Quadrennial - required every 4 years*  
NFHS Online Course or ODE/Other Training

» [Steroids Training](#)



### First Aid

*Optional - per district/school policy*

Not an OSAA or state requirement



### CPR / AED Training

*Optional - per district/school policy*

Not an OSAA or state requirement



### OSAA Spirit Safety

*Annual - required every year (only for cheerleading & dance/drill coaches)*

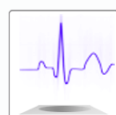
OSAA Online Training - free  
» [OSAA Spirit Safety](#)



### Heads Up Football Certification

*Annual - required every year (only for football coaches)*

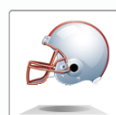
Composed of 4 course components that must be completed annually: [Concussion in Sports](#), [Heat Illness Prevention](#), [Sudden Cardiac Arrest](#), [Blocking and Defeating Blocks](#), [Shoulder Tackling & Equipment Fitting](#)



### Sudden Cardiac Arrest

*Annual - required every year (only for football coaches)*

"NFHS Sudden Cardiac Arrest" - free  
» [NFHS Online Course](#)



### Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting

*Annual - required every year (only for football coaches)*  
"NFHS Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting" - \$10

» [NFHS Online Course](#)



Visit the NFHS Learning Center for additional online courses.

## Online Training Course Help

Answers to common NFHS online course questions, logins, etc.

## Frequently Asked Questions

**Q. Does certification through the American Sport Education Program (ASEP) satisfy the one time requirement for NFHS Fundamentals of Coaching?**

A. Yes, so long as the athletic director or coach was certified through ASEP prior to August 1, 2007. Thereafter, only the NFHS Coach Education Program "Fundamentals of Coaching" will satisfy this requirement unless an exception is granted in writing by the OSAA.

**Q. When must a coach be certified?**

A. All coaches must be certified prior to assuming coaching duties unless an emergency exception is authorized in writing by the OSAA. This includes cheerleading coaches, dance/drill coaches, and choreographers at schools that do not participate in competitions.

**Q. Is certification required of volunteer coaches?**

A. Yes.

**Q. Must a "guest" coach be certified?**

A. No, but if the coach has contact with students more than three times in a sport season, the coach shall no longer be considered a "guest" and must be certified. A non-certified "guest" coach may not serve as a coach at a contest. Coaches may not use this provision to circumvent the training requirements, i.e. a regular coach does not get a three day grace period to interact with participants prior to being wholly certified.

**Q. May a school bring in alumni or other non-high school personnel to scrimmage with teams or individuals as "guest coaches" if those personnel are limited to student contact on no more than three occasions during the sport season?**

A. No. The "guest coach" exception is intended to allow a limited number of visits by a guest instructor; it is NOT intended to allow coaches to bring in coaches or players to participate in drills or scrimmages against teams or individuals. Any attempt to circumvent the Participation Limitations by calling practice participants "guest coaches" or to have coaches interact with participants prior to being wholly certified would be a violation of OSAA rules.

**Q. In individual sports, may a parent or non-certified coach accompany a participant to a contest as the school representative if that person is an authorized representative of the principal?**

A. Yes, but the authorized representative may not coach the participant unless specific permission has been granted in writing by the Executive Director.

**Q. Does the OSAA require high school coaches to have current first aid certification?**

A. No. However, coaches should check with their athletic directors as most high schools or school districts have this as a requirement.

**Q. How long is the Heads Up Football certification valid?**

A. The answer depends on the four component courses that comprise the Heads Up Football certification: Concussion in Sports, Heat Illness Prevention, Sudden Cardiac Arrest, and Blocking, Tackling & Equipment Fitting. Heads Up Football certification expires one year after the earliest component completion date. Even if an individual component course is valid for more than one year, for the purposes of retaining Heads Up Football certification, the four component courses must be completed annually.

**Q. What is required of a Player Safety Coach (PSC) during the year they attend an in-person PSC clinic in order to be Heads Up Football certified?**

A. Coaches attending an in-person PSC clinic are required to complete the following online courses in order to be Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention.

**Q. What is required of every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic in order to be Heads Up Football certified?**

A. Every football coach, including previously certified PSC coaches, not attending an in-person PSC clinic are required to complete the following online courses in order to be Heads Up Football certified: Concussion Recognition and Training; Heat Illness Prevention; Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting; Sudden Cardiac Arrest.