SBLSD Coaching Requirements

20.4.0 COACHING REQUIREMENTS - *For initial employment as a paid and/or volunteer interscholastic coach, an individual must meet the following requirements:*

20.4.1 Be a high school graduate or have completed a graduation equivalency diploma (GED) program.

A. Be at least 21 years of age to be a head coach.

B. Be at least 19 years of age to be an assistant coach.

The requirements below are for all SBLSD -Head Coaches, Assistant Coaches and Volunteers.

COURSE TITLE ** Must be input into FinalForms **EXACTLY** as listed below**	HOW OFTEN?	WHO
"Life Threatening Health Conditions: Recognition & Response (with delegation)"	Annual	All
Vector Training (multiple modules required)	Annual	All
SBLSD Coach-Advisor Liability Training Acknowledgement	Annual	All
SBLSD Liability Website Review Acknowledgement	Annual	All
IN PERSON SBLSD Boundary/HIB Training	Once- upon hire	All
SBLSD Boundary/HIB Training- Notifications Regarding Students and Staff Safety	Annual	All
WIAA (Sport Specific) Rules	Annual	All (except flag football)
WIAA General Rules Clinic	Annual	All (except flag football)
First Aid/CPR/AED	Every 2 years	All
WIAA Coaches Ed./Coaches Education *(see next page)*	Every 3 years	All
WIAA Concussion Management	Every 3 years	All
WIAA Sudden Cardiac Arrest	Every 3 years	All
NFHS The Collapsed Student	Every 3 years	All
WIAA "Hands On" Stunt Certification	Every 2 years	Cheer
WIAA “Hands On” Lift Certification	Every 2 years	Dance/Drill
*NFHS Football Tackling: (Free) - Safer Tackling Techniques and Drills - Helmet & Shoulder pad fitting	Every 2 years	Tackle Football
WIAA Hands On Football Safety Training	Every 2 years	Tackle Football
NFHS Heat Illness Prevention (Free on NFHS)	Every 2 years	Tackle Football
WIAA Pole Vault- initial training must be “hands on” then needs “hands on” every 4 years	Every 2 years	Pole Vault
WIAA Swim Coach Training/Lifeguard= Red Cross Safety Training for Swim Coaches or Lifeguard Certification for Dive Coaches	Every 2 years	Swim/Dive

SBLSD Coaching Requirements

WIAA Coaches Education

WIAA Rule: 20.4.7 Before the beginning of the third year of coaching, a member school coach (paid or volunteer) must complete a school district approved Coaching Principles training that requires a minimum of five (5) hours of instruction or complete the NFHS "Fundamentals of Coaching" Course, or attend all sessions of the WIAA Coaches School, or other Coaches School as approved by the WIAA or the local school district. After initial completion, coaches will be required to repeat this training every three (3) years. The training **must** include **a minimum of one (1) hour in each of the following categories:**

A. Medical aspects of coaching - Health and Welfare
- Care and Prevention of student injury
- Athletic Training/Sports Medicine
- Chemical and Substance Abuse
- Injury Rehabilitation
- Nutrition
- Kinesiology
- Exercise Physiology

B. Legal Aspects of Coaching - Litigation, Liability
- School Physical Education, Sports, or Athletic Law
- Annual review of rule changes and application of rules
- School Board Policies, WIAA Rules, School Law

C. Psycho/Social Foundations
- Sociology and Psychology of Sports (adolescent psychology, sports sociology and psychology, motivation, dealing with substance abuse)
- Philosophy of Interscholastic Activities Programs
- Coaching Techniques
- Instructional methods in physical education/activities
- Instructional methods in physical education for handicapped
- Instructional methods in interscholastic sports
- Philosophy/Sports Management/Pedagogy
- Social, Emotional Learning strategies and procedures
- Restorative Practices
- Mental Health
- Suicide Prevention

D. Diversity, Equity and Inclusion
- Anti‑Racism
- Discrimination in Sport / Examining implicit bias
- Gender equity
- LGBTQ and Gender Identity
- Recognizing and eliminating barriers to participation
- Supporting students from diverse backgrounds
- Supporting students impacted by income disparities
- Unified Sports / Including students with disabilities