

Very Important: **Give Lori Stolsig your email address** that you use for these tests on the OSAA website. lori.stolsig@lebanon.k12.or.us

## Criminal History Check/Volunteer Application

**Volunteers have to renew every 2-3 years (depending on time of year the check was done)**

Lebanon School District requires all volunteers to have a criminal history check. Lebanon School District's Criminal History Checks are now done online. Go to [www.helpcounter.net/lebanon](http://www.helpcounter.net/lebanon) under Background Checks (on the right hand side) The District Office will notify the high school when and if you have been approved.

## NFHS Fundamentals of Coaching Class

### One Time Requirement

- 1) Go to the [www.osaa.org](http://www.osaa.org) website
- 2) On their home page at the top on the blue line, you will see "OSAA for", click on it and scroll down to coaches.
- 3) Click on AD/Coach Requirements.
- 4) Scroll down towards the middle of the page on the left hand side – you will see NFHS Online Course. Click on it and get started. We will reimburse you \$50.
- 5) Follow steps to register and take the course.
- 6) The course takes 6-8 hours total – you don't have to finish it all at once.
- 7) **Print out a receipt of your payment and a copy of your certificate and give them both to Lori Stolsig.** She will get the reimbursement process started.

## Anabolic Steroids & Performance-Enhancing Substances Training

NO COST

**This test has to be renewed once every 4 years.**

- 1) Go to the [www.osaa.org](http://www.osaa.org) website.
- 2) On their home page at the top on the blue line, you will see "OSAA for...", click on it and scroll down to Coaches.
- 3) Click on the AD/Coach Requirements on the blue line.
- 4) Then scroll down until you see "ODE Training and Assessment" and click on it.
- 5) Get started.
- 6) Takes about 20 minutes.
- 7) Read and take the test. They use to give a certificate and now they don't – please try and print the last page if at all possible and turn in to Lori Stolsig.
- 8) This certificate must be renewed every 4 years

## Concussion Test (NFHS Concussion Management Course) NO COST – THIS TEST MUST BE TAKEN YEARLY!!!!

Go to the [www.osaa.org](http://www.osaa.org) website and take the NFHS Concussion Management Course

- 1) On this home page click on the blue line "OSAA for...." And scroll down to Coaches.
- 2) Click on the AD/Coach Requirements on the blue line.
- 3) Scroll down about half way on the left and you will see Concussion in sports and below it in blue words NFHS Online Course.
- 4) Click on it and take the course. It will take about 20 minutes
- 5) Follow directions.
- 6) Print certificate at the end and give to Lori Stolsig.

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# Guide to Heat Acclimatization and Heat Illness Prevention No cost

You will need to create a login for this site if you don't already have one (some coaches already have login from their NFHS Concussion Tests).

This test has to be renewed once every 4 years BUT ALL FOOTBALL COACHES HAVE TO RENEW EVERY YEAR.

Go to [www.osaa.org](http://www.osaa.org)

- 1) Click "OSAA for...." on top – blue line and scroll down to Coaches.
- 2) Click on the AD/Coach Requirements on the blue line.
- 3) Scroll down until you see Heat Illness Prevention on the left hand side and click on the blue words NFHS Online Course under it.
- 4) Click on it and take the course.
- 5) There is no cost for this one and it takes about 20 minutes
- 6) When finished, print certificate and give to Lori Stolsig

## Lebanon School District Coaches (includes volunteer coaches) EVERY YEAR

**Sexual Conduct: Staff to Student (approximately 25 minutes)**

**Child Abuse: Identification and Intervention (approximately 54 minutes)**

Lebanon School District has elected to use the SafeSchools online safety training program to train volunteer and paid coaches. This is a required training.

Go to Safeschools homepage, <http://lebanon.or.safeschools.com>, click Register (To the right of the "Sign in" button). On the next screen you will be prompted to enter the registration key (**5269f0f0**). Next you will be prompted to enter some basic information, including a username of your choice, which you will use to login to the system moving forward.

Once you login to the site, you will see the training on Sexual Conduct: State to Student and Child Abuse: Identification and Intervention. To begin a course, click on the title then follow the prompts.

**FOOTBALL COACHES ONLY:** Sudden Cardiac Arrest & Blocking, Tackling &

Equipment Fitting. Go to [www.osaa.org](http://www.osaa.org) and under the blue tool bar at top of page, look for "OSAA for" and click on coaches, then click on AD/Coach Requirements. Tests are about ½ way down on the right hand side. Blocking costs \$10.