

CONCUSSION TRAINING THROUGH CDC WEBSITE IS NOW BEING MANDATED BY MN STATE LAW

The State of MN has passed a requirement that all coaches, officials, and commissioners of sports leagues be trained in recognizing concussions. To comply, all affected VAA participants must complete the following steps:

1. Go to the CDC site:

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

2. Set your browser to allow pop-ups from this site (this is a requirement to receive proof of compliance!). Instructions for MicroSoft Internet Explorer are below.

3. Watch each video (there are five and the website walks you through each). After each video, a short interactive test is given. After all videos a final test is given. (No anxiety here – if you watch the videos, you will pass the test!)

4. After completing the final test, a certificate is offered. The certificate is printable but not downloadable to a folder. Fill in your name, *** phone number ***, and date of completion (all in same blank), then use one of the following options to obtain a copy of the certification

a. Print, then scan into a file

b. Make a screen print and save to a file (here is a site that seems to have usable instructions - <http://take-a-screenshot.org/>)

c. Print using a “printer” that actually makes a file (e.g., Microsoft XPS Document Writer – available with later versions of Windows - or CutePDF Writer
<http://www.cutepdf.com/products/cutepdf/writer.asp>)

d. Take a digital picture of the monitor

e. Last resort, print and mail to VAA using address on VAA website
(<http://www.vaasports.org/ContactUs.php>)

5. Email file with certificate to appropriate VAA contact

Coaches and commissioners: backgroundchecks@vaasports.org

Referees and umpires: admin@vaasports.org

Questions may be directed to backgroundchecks@vaasports.org

To allow pop-ups for IE v9:

- There should be a gear-like icon near upper right. Click on the gear and select “Internet Options”
- Select the Privacy tab
- In the section Pop-up Blocker (about 2/3 down) click on [Settings]
- Under “Address of website to allow” type www.cdc.gov and then click on [Add]
- Close the screens