

Updated July 13, 2019
6U Volunteer Training

Thank you for volunteering. It's super fun. As part of coaching you will need to do these 3 simple courses to get trained before being a 6U Co-Coach. Both the head and assistant coach must do these. In addition to the Volunteer Application on the AYSO418.org website and background check, you need to complete the following online courses:

1. **AYSO's Safe Haven**
2. **CDC: Concussion Course**
3. **6U Coaching Training - Online Course**

These courses are offered through AYSO U Online Learning Resources. The instructions below will show you how to access these courses. Logging in properly will automatically add the course completions to your AYSO volunteer profile. The courses should take 30-45 minutes each.

Accessing AYSO U - Online Learning Resources

1. Go to the Region 418 website: www.ayso418.org
2. Click on "AYSOU" in the Region 418 homepage toolbar.
3. New volunteers click "**here to learn more**" on that page to get started. Returning volunteers click "**Login**". Log into AYSOU with the same login as for your volunteer account at www.ayso418.org.

Accessing **AYSO's Safe Haven Course in the AYSO U Portal**

1. You only need to take Safe Haven one time in your coaching career (although we recommend you review yearly)- so returning coaches just double check you have it already.
2. On the "Home" screen click "Online Courses".
3. Click the "Open" button to the right of the course called **AYSO's Safe Haven**.
 - There are 7 modules, plus an exam for the Safe Haven the course.
 - Each module can be completed in 5-10 minutes.
 - If you are unable to complete the course in one sitting, AYSO U will remember your progress and you can pick back up where you left off.
 - Click the "Launch" button to the right of each module in succession through the end of the course.
 - You will need to answer at least 80% of the questions correctly to pass the course.
 - You will have the ability to review and rtry the quiz at the end as may be needed/desired.
 - Print out your completion certificate for your records. Your completion will automatically be added to your volunteer profile.

- All AYSO volunteers, regardless of position within the organization, must complete this course. And all AYSO volunteers are expected to be aware of and prioritize our program philosophies, and protection guidelines for safety and injury prevention.

Accessing **CDC: Concussion Course in the AYSO U Portal**

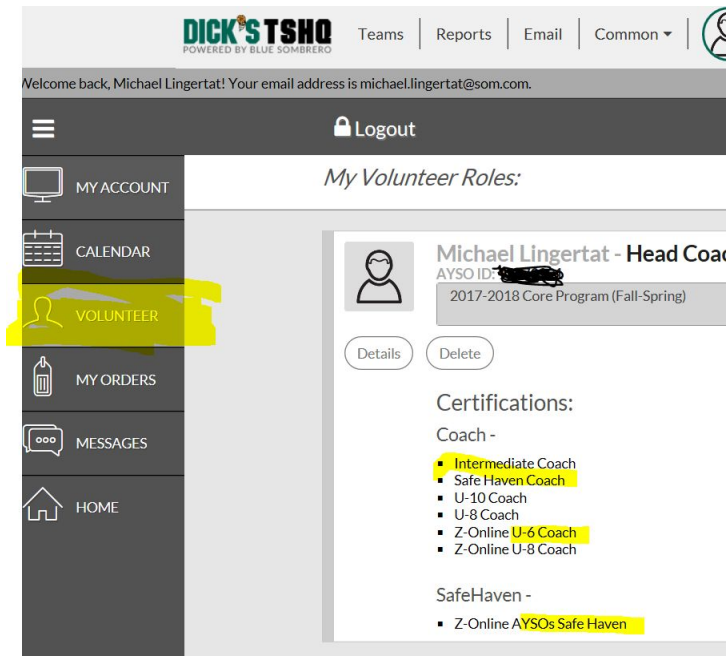
1. You only need to take the CDC concussion one time in your coaching career (although we recommend you review yearly)- so returning coaches just double check you have it already.
2. On the "Home" screen click "Online Courses"
3. Click the "Open" button to the right of the course called **CDC: Concussion Course**.
4. Click the "Launch" button.
5. A new window will open, as long as you do not have a pop-up blocker on in your computer's settings.
6. Enter your Blue Sombrero account User Name and click "Submit." This is the same username you use to access your volunteer account at www.ayso418.org.
 - The course is divided into 5 modules.
 - The video modules are approximately 5-10 minutes long, with a short quiz at the conclusion of each.
 - If you are unable to complete the course in one sitting, AYSO U will remember your progress and you can pick back up where you left off.
 - Click the yellow buttons on the clipboard on the left to progress through the course.
 - Print out your completion certificate for your records. Your completion will automatically be added to your volunteer profile.

Accessing the **Online 6U Coaching Training Course in the AYSO U Portal**

1. On the "Home" screen click "Online Courses".
2. Click the "Open" button to the right of the course called **6U Coaching Training**.
 - The course is divided into modules, plus an exam.
 - Most modules can be completed in 7-10 minutes.
 - If you are unable to complete the course in one sitting, AYSO U will remember your progress and you can pick back up where you left off.
 - Click the "Launch" button to the right of each module in succession through the end of the course.
 - You will need to answer at least 80% of the questions correctly to pass the course.
 - You will have the ability to review and retry the quiz at the end as may be needed/desired.
 - Print out your completion certificate for your records. Your completion will automatically be added to your profile.

Verification

Once you have completed your classes please double check your profile to see if it shows up. This may not be instantaneous for the online courses, and the instructors of the in-person course must enter your course completion manually before your certification will show in your volunteer account.



Taking Additional Courses:

As a 6U Coach, you are not required to take additional training beyond the courses outlined above. However, we invite you to take as much additional training as may interest you. The AYSO's Summary of the Laws of the Game is available to you now, free of charge, in the "Online Courses" section of AYSO U.

You can also check out additional training options in AYSO U. Note that we will not assume that you want to volunteer for a specific role just because you got trained to do it. You will still need to sign up to volunteer for the opportunities that most interest you in your account at www.ayso418.org.