



UNITED STATES JUDO FEDERATION

National Office

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MEMORANDUM

TO: USJF Dojos
Yudanshakai Presidents & Rank Registration Chairpersons
USJF Board of Directors Delegates • USJF Board of Examiners Delegates
USJF Committee Chairpersons • USJF Executive Committee

FROM: USJF National Office

RE: NFHS Concussion Training and Certification

DATE: June 7, 2021

USJF has accepted and adopted National Federation of State High School Associations (NFHS) Concussion in Sports certification program. Successful completion of NFHS's Concussion in Sports certification will also be accepted for meeting USJF's concussion certification requirements for our various certification and promotion programs.

The NFHS's training was developed in collaboration with and the approval of the federal government's Center for Disease Control & Prevention (CDC). The NFHS certificate includes the CDC logo. The Concussion in Sports certification has been reviewed and recommended by the USJF Medical Committee. These certifications from the CDC & NFHS ensure that your concussion training is of the highest standards and by universally recognized health authorities and experts.

Effective immediately, USJF will accept either of the following for concussion certification:

- CDC's Heads Up concussion certification
- NFHS's Concussion in Sports certification

I. NFHS – Concussion in Sports Certification

- a. Visit the NFHS education website: <https://nfhslearn.com>
- b. Create your personal account with NFHS
 - i. Click on "REGISTER" button in top right corner of browser window
 - ii. Follow instructions and create your NFHS login/account
- c. Login to your account
- d. Click on "Courses" tab/button and look for "Concussion In Sports" course and select
- e. Select the state that your dojo operates in from the pull-down menu
- f. The "\$" should change from to "\$0" since the course is free
- g. Click on blue "Order Course" button to add "Concussion In Sports" to your shopping cart
- h. Shopping cart should now show "1", click on it to checkout

- i. Viewing your shopping cart will display a purchase NFHS membership item
 - i. It seems to imply that you should/must purchase NFHS membership
 - 1. NFHS membership is NOT REQUIRED to purchase the “Concussion In Sports” course – IT IS FREE TO EVERYONE
 - 2. Click on the “X” just above the “Add to Cart” button to close the popup
 - ii. If you wish to support NFHS, you may do so by purchasing NFHS member, but you are not required to do so
 - iii. Finish checking out
- j. After checking out and purchasing the free course, click on “Dashboard” and you should see the “Concussion In Sport” course available for you to start your training
- k. Please email a copy of your certificate to the USJF National Office (no@usjf.com)
- l. Other free NFHS courses that you may be interested in taking advantage of
 - i. Some of the free courses/training offered include
 - 1. Bullying, Hazing, and Inappropriate Behaviors
 - 2. Engaging Effectively With Parents
 - 3. Heat Illness Prevention
 - 4. Sports Nutrition
 - 5. Sportsmanship
 - 6. Understanding Vaping and E-Cigarettes
 - 7. etc.
 - ii. Under the “Filter Courses” menu on the left-side of the browser window
 - 1. “Free or Paid” – click “Free” and unclick “Paid”
 - 2. It will display all of the free courses for additional education
 - 3. Purchase them with the same process as the “Concussion In Sport” course

I. CDC – Heads Up Certification

- a. Visit CDC website: <https://www.cdc.gov/headsup/youthsports/training/>
- b. Create your personal account with CDC TRAIN
 - i. Instructions on webpage
 - ii. PDF instructions: [Create an Account CDC-TRAIN HEADSUP.pdf](#)
- c. Please review “Equipment Needed for this Training
- d. Select appropriate course
 - i. [Coach course](#): instructors, coaches, assistants, supervisors, chaperones
 - ii. [Parents course](#): parents, grandparents, chaperones
 - iii. [Sports Officials & Athletic Trainers](#): referees, athletic trainers, technical officials, tournament officials
 - iv. [NOT a Coach, Parent, Sports Official or Athletic Trainer](#): everyone not in i, ii, or iii
- e. Click on the appropriate “Click HERE to launch course” box to start
 - i. You will leave the CDC website
 - ii. You will be transferred to the CDC TRAIN website
 - iii. Login & start your course
- f. Please email a copy of your certificate to the USJF National Office (no@usjf.com)