

**Center & Section: CHP/ SMIP**  
**Main Topic: Injury and Violence Prevention**  
**Sub Topic Main Page: Coach Safely Act**

## Coach Safely Act

The Act and the Rule articulate that any association that sponsors or conducts sports training or high-risk youth athletic activities for children aged fourteen (14) and younger shall require all coaches and athletics personnel to complete specific training. The association shall maintain a record of individual course completion for as long as that individual serves as athletic personnel or coach for the association. The courses are to be approved by the Arkansas Department of Health, on these subjects:

- Emergency Preparedness, planning, and rehearsal for traumatic injuries
- Concussions and head trauma
- Heat and extreme weather-related injury familiarization
- Physical conditioning and training equipment usage
- Heart defects and abnormalities leading to sudden cardiac death

The full “Coach Safely Act” can be found by clicking the link below:

<https://www.arkleg.state.ar.us/Home/FTPDocument?path=%2FACTS%2F2023R%2FPublic%2FACT642.pdf>

Rules pertaining to Youth Mitigation and Information Courses for Athletics Personnel and Coaches: [Rules for Coach Safely Act](#)

## Approved courses:

### Emergency Preparedness, Planning, and Rehearsal for Traumatic Injuries

- **The Collapsed Student:** <https://nfhslearn.com/courses/the-collapsed-athlete>  
Cost: No cost
- **First Aid, Health, and Safety:** <https://nfhslearn.com/courses/first-aid-health-and-safety>  
*\*Cost associated with this course*

### Concussions and Head Trauma

- **Concussions in Sports:** <https://nfhslearn.com/courses/concussion-in-sports-2>  
Cost: No cost
- **HEADS UP to Youth Sports: Online Training:**  
<https://www.cdc.gov/headsup/youthsports/training/index.html>  
Cost: No cost

- **Bell Ringer: A Concussion Awareness Course for Arkansas Coaches**  
**CID: HWB16027**

*\*Note: The courses listed on the Arkansas Ideas portal are available to licensed and non-licensed K-12 educators. The course catalog can be found here:*

[https://ideas.myarkansaspbs.org/course\\_catalog](https://ideas.myarkansaspbs.org/course_catalog)

- **The Xs and Os of Sports-Related Concussion: Fact Versus Fiction**  
**CID: HWG16013**

*\*Note: The courses listed on the Arkansas Ideas portal are available to licensed and non-licensed K-12 educators. The course catalog can be found here:*

[https://ideas.myarkansaspbs.org/course\\_catalog](https://ideas.myarkansaspbs.org/course_catalog)

## Heat and Extreme Weather-Related Injury Familiarization

- **Heat Illness Prevention:** <https://nfhslearn.com/courses/heat-illness-prevention-2>

Cost: No cost

- **Exertional Heat Illness Awareness Training**

CID: HWG14021

*\*Note: The courses listed on the Arkansas Ideas portal are available to licensed and non-licensed K-12 educators. The course catalog can be found here:*

[https://ideas.myarkansaspbs.org/course\\_catalog](https://ideas.myarkansaspbs.org/course_catalog)

- **108 Degrees: Critical Response**

CID: HWB14022

*\*Note: The courses listed on the Arkansas Ideas portal are available to licensed and non-licensed K-12 educators. The course catalog can be found here:*

[https://ideas.myarkansaspbs.org/course\\_catalog](https://ideas.myarkansaspbs.org/course_catalog)

- **The Latest in Heat Illness, Recognition, and Treatment**

CID: HWG16014

*\*Note: The courses listed on the Arkansas Ideas portal are available to licensed and non-licensed K-12 educators. The course catalog can be found here:*

[https://ideas.myarkansaspbs.org/course\\_catalog](https://ideas.myarkansaspbs.org/course_catalog)

## Physical Conditioning and Training Equipment Usage

- **Strength and conditioning:** <https://nfhslearn.com/courses/strength-and-conditioning>

*\* Cost associated with this course*

## Heart Defects and Abnormalities Leading to Sudden Cardiac Death

- **Sudden Cardiac Arrest:** <https://nfhslearn.com/courses/sudden-cardiac-arrest>

Cost: No cost

- **Sudden Cardiac Arrest: When Seconds Count**  
**CID: HWB19050**

*\*Note: The courses listed on the Arkansas Ideas portal are available to licensed and non-licensed K-12 educators. The course catalog can be found here:*

[https://ideas.myarkansaspbs.org/course\\_catalog](https://ideas.myarkansaspbs.org/course_catalog)

## Coach Safely

- **Coach Safely Foundation:** <https://coachsafely.org/education-safety/>  
Covering all courses for Coach Safely requirements

**To request review and approval of a course, contact the Arkansas Department of Health Substance Misuse and Injury Prevention Branch:**

Phone: 1-501-671-1449

Email Address: [ADH.InjuryPrevention@Arkansas.gov](mailto:ADH.InjuryPrevention@Arkansas.gov)

Mailing Address: 4815 W. Markham Street, Slot 10, Little Rock, AR 72205

## Resources:

-Arkansas Activities Association Sports Medicine Information:

<https://www.ahsaa.org/sports-medicine-info>

-Arkansas Activities Association Sports Medicine Fact Sheet for Parents and Students:

[https://www.healthy.arkansas.gov/images/uploads/pdf/Sports\\_Medicine\\_Fact\\_Sheet\\_Concussion.pdf](https://www.healthy.arkansas.gov/images/uploads/pdf/Sports_Medicine_Fact_Sheet_Concussion.pdf)

<b>Office</b>	<b>Address</b>	<b>Phone</b>	<b>Fax</b>
<b>Substance Misuse and Injury Prevention</b>	4815 W. Markham Street, Slot 10 - Little Rock, AR 72205	501-671-1449	501-682-0427