



CBSL Coach Required Training

CDC Concussion Training: *Heads Up*

Below is information to help get you started with your CDC Concussion Training:

1. Create an account with *CDC Train* (Follow instructions in CDC attachment on how to create an account)
 - a. Groups will be CDC---Illinois---Other
2. Complete a Pre-test
3. Complete the Training Course
 - a. 45-60 minutes
 - b. Stop and return to online course (it will save what you have completed)
4. Complete Test
 - a. Passing grade is at least 80%
 - b. 10 attempts to pass
5. Email a copy of your certificate to Kristen Siebert
 - a. recsuperintendent@collinsvilleil.org

CDC Website: <https://www.cdc.gov/headsup/youthsports/coach.html>

If you have any questions about this training, please contact Kristen Siebert at recsuperintendent@collinsvilleil.org or 618-855-8824

We greatly value all our volunteers and the time you committed to this program.
THANK YOU for helping us grow our CBSL program!

Certification valid for 2 years.