

MVKWA Coaching Requirements and Procedures

as of 9/14/2019

1. **Concussion Course Requirement** - Ohio House Bill 143 concussion course. The State of Ohio enacted House Bill 143. That means, by State Law, that all coaches now have to complete a "Concussion Course". Here is **what coaches need to do**:
 - Go to www.nfhslearn.com
 - Select the Courses tab on top of the page.
 - Scroll down & select: Concussion in Sports.
 - View course > Order course (it is free)
 - Know the course is not time consuming - it takes proximately 30 minutes.
 - Complete the course and **print a copy of your certificate.**
 - Certificate is good for 3 years.
 - The course needs to be **completed by your first practice.**

2. **Lindsay's Law (Sudden Cardiac Arrest)** - This is a State Law as of August 1, 2017. All parents and coaches are required to fulfill an annual requirement on sudden cardiac arrest. All coaches and parents need to watch a 17 minute video and sign a form. There is no money required for this. It is free.
 - Overall link: <https://www.odh.ohio.gov/en/landing/Lindsays-Law>
 - For youth coaches, use the links under "For parents/guardians and youth athletes".
 - i. Watch the "Required video" (17 minutes).
 - ii. View the "Required SCA Information Handout".
 - iii. Print the "Required Signature Form".

3. **USA Wrestling Limited Wrestling Leader Card** – All coaches will need a USA Wrestling Limited Wrestling Leader Card.

How to Get a USA Wrestling Limited Leader Card – Detailed Steps – Are on Below,

How to Get a USA Wrestling Limited Leader Card – Detailed Steps

USA Wrestling is mandated by a Federal Government bill (see: <https://www.congress.gov/bill/115th-congress/senate-bill/534/text>) to require those coaching at MVKWA practices or meets to have a USA background check, USA Wrestling Safe Sport certification and a USA Wrestling Limited Wrestling Leadership membership card. The background check is only required and allowed for all those 18 & over. For 2018-2019 and beyond, the USA Wrestling National Office worked with USA Wrestling-Ohio to minimize the cost for the MVKWA coaches, so that for the MVKWA coaches, the cost is \$35 for coaches that are 18 & over and \$0 for coaches that are 17 & under.

The steps for getting the Federal Government /USA Wrestling coaching requirements:

- First, create a USA Wrestling account and login:
 - View the 2 minute video “Creating a free account” from <https://www.usawmembership.com/help>
 - This will show you how to setup your USA Wrestling account, user login and password.
- Then, create a USA Wrestling Profile:
 - View the 1 minute video “Creating a Profile” from <https://www.usawmembership.com/help>
 - This will show how to get your USAW ID number that you will need below.
 - Your USAW ID number will be the first item in in the first row of your “My Profile” data.
- Then, get your USA Wrestling background check:
 - If you are 17 or under, you skip this step and you can do the next step (Safe Sport certification) right away.
 - If you 18 or over, even if you are a high school student, you need to get this background check.
 - View the 2 minute video “How Do I Get My Background Check” from <https://www.usawmembership.com/help>
 - No other background check will work. You have to get the USA Wrestling background check.
 - There is \$0 payment for those in Ohio.
 - It will take 3-14 days for the background check to be processed.
 - You will get an email once your background check has been completed.
- **Once you get the background check “completed” email**, get your SafeSport certification:
 - If you are 17 or under, you can do this step right away as you will not get a background check completed email.
 - If you are 18 or over, you will may need to get a “passed background check” email before you can take SafeSport class.
 - Whether you are 17 & under or 18 & over, you need to get Safe Sport certified.
 - The online SafeSport class takes about 90 minutes.
 - View the 3 minute video “How Do I Get My SafeSport Certification” from <https://www.usawmembership.com/help>
 - You will need your USAW ID number from above to create a SafeSport login and password.
 - The SafeSport certification has 3 modules, where you will get a test and certificate for each.
 - You will need all 3 certificates to pass the class. The online class will take about 90 minutes.
- Once you passed the background check and SafeSport certification, get your USAW membership:
 - View the 3 minute video “Purchasing a Wrestling Leader Membership” on <https://www.usawmembership.com/help>
 - The Limited Wrestling Leader membership has some USAW insurance with it:
 - USAW insurance info: <http://content.themat.com/forms/Insuranceinfo.pdf>
 - Or via <https://www.teamusa.org/USA-Wrestling>
 - Then Membership/Login > Insurance Information > Insurance Coverage
 - The Limited Wrestling Leaders membership will be automatically priced based on your age:
 - \$35 if you are 18 or over
 - \$0 if you are 17 or under
- You can print your USAW membership card during the above step, or you can re-print it later.
 - View 1 minute video: Print a Membership Card Online

The overall web link for getting the USA background check, USAW SafeSport certification and USAW membership is <https://www.usawmembership.com/> (or www.themat.com , then Membership/Login). And, as a quick reference, the link to all the help videos noted above is: <https://www.usawmembership.com/help> If something comes up where you still need assistance, you can call the USA Wrestling National office at 719-598-8181 and ask for Shonna Vest or whoever is available to help you in member services.

Thanks for coaching our youth wrestlers at MVKWA practices and meets. Our parents, other coaches and wrestlers thank you for providing this very valuable service.