



Oregon School Activities Association

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August 26, 2020

To: Athletic Directors and Head Football Coaches
From: Brad Garrett, Assistant Executive Director
Subject: Heads Up Football Requirements for 2020-21

OSAA Executive Board Policy requires that “any football coach complete the USA Football Heads Up Certification prior to assuming coaching duties and to recertify annually prior to the beginning of each Association year. Additionally, each member school sponsoring football is required to identify a Player Safety Coach. Each Player Safety Coach Is required to attend an in person clinic biennially prior to the start of the Association year that is conducted by a USA Football Master Trainer in preparation for implementing and overseeing the primary components of Heads Up Football at their school.”

PLAYER SAFETY COACHES

Considering the situation that we all currently find ourselves trying to navigate it has become obvious that conducting any in person Player Safety Coach clinics during the 2020-21 Association year will not be possible. Therefore, the Executive Board has made the decision to extend the Player Safety Coach certification an additional year for those coaches with a current expiration date before 3/10/2020. Athletic Directors should update the expiration date for any impacted PSC to 3/11/2021.

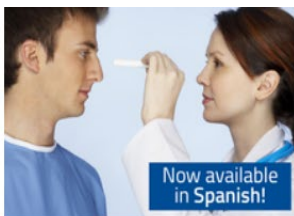
HEADS UP CERTIFICATION

All coaches will need to complete the following courses prior to the start of the 2020-21 season. You can find these courses on NFHS Learn at <https://nfhslearn.com/HeadsUpFootball>. Three of the four courses are free – coaches will need to pay \$10 for the Blocking and Defeating Blocks, Shoulder, Tackling & Equipment Fitting.



Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting

\$10



Now available in Spanish!

Concussion in Sports

Free!



Heat Illness Prevention

Free!



Sudden Cardiac Arrest

Free!

Beginning August 31 coaches will need to have completed Concussion in Sports, Heat Illness Prevention, and Sudden Cardiac Arrest if they are planning on conducting conditioning and/or weight training workouts with athletes. Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting must be completed prior to start of the season (February 22, 2021).

Completing these requirements does not remove a coach’s responsibility to complete Fundamentals of Coaching (Once) and Anabolic Steroids and Performance-Enhancing Substances Training (Once every 4 years).

If you have additional questions, please feel free to contact me at bradg@osaa.org or 503-682-6722 ext 229.