

Our Lady Star of the Sea School
Information for Coaches

Coaches,

Please perform the following prior to or within the first week of practices:

- Create an account on the Archdiocese of Seattle's Virtus website:
<http://www.virtusonline.org/>
- Complete a background check (update every three years) through Virtus website
- Complete an initial in-person Safe Environment Program training session. Registration can be through the Virtus website or the school or parish office
- Complete the CDC's "HEADS UP for Youth Sports Online Training" and submit the certificate of completion to the school office (complete annually):
<https://www.cdc.gov/headsup/youthsports/training/index.html>
- Watch the WIAA's "Sudden Cardiac Arrest Training Video", complete the attached form and submit to the school office (complete annually):
<http://www.wiaa.com/subcontent.aspx?SecID=1096>

Thank you very much for your willingness to coach this season. Go Saints!

Sincerely,
OLSOS Athletic Department

Our Lady Star of the Sea School
Coach's Certification – Sudden Cardiac Arrest Training

1) What are the two conditions/problems that can cause sudden cardiac arrest?

2) What are the six warning signs of sudden cardiac arrest?

3) What is your game plan if a player suddenly collapses and is unresponsive?

By signing below, I have viewed the WIAA's video on Sudden Cardiac Arrest Training (<http://www.wiaa.com/subcontent.aspx?SecID=1096>) and understand the conditions that cause it, the warning signs and responses to sudden cardiac arrest.

Signature

Printed Name

Date