

Training Courses and Requirements for Class A Volunteers and Coaches

Training	Approximate Length of Training	Format	Class A Volunteer	HOD	Certified Coach	Advanced Certified Coach	Renewal Requirements	Cost
Volunteer Screening Form <i>(SONC will perform a background check)</i>	5 minutes	Form	X	X	X	X	N/A	Free
Protective Behaviors	15 minutes	Online	X	X	X	X	Every 3 years	Free
General Orientation	15 minutes	Online Study Guide Test		X	X	X	N/A	Free
Concussion Training (NEW)	1 hour	Online Option 1NFHS Option 2 CDC			X	X	Every 3 years	Free
Coaching Special Olympic Athletes	3 hours	Online			X	X	N/A	\$16.95
Sport Specific Training School	In person: 3-5 hours Recertification: 20 minutes	Initial Training: In person Recertification: Online or training school			X	X	Every 3 years	\$10 (charged to local program)
Practicum Hours	10 hours	Working with athletes in that sport			X	X	N/A	Free
Principles of Coaching	3 hours	Online Study Guide Test				X	N/A	Free
Sportsmanship	30 minutes	Online				X	N/A	Free
Coaching Unified Sports	1 hour	Online			X <i>(if coaching Unified Sports)</i>		N/A	Free
A Coach's Playbook: Introduction to Autism and Instructional Strategies for Coaching	2 hours	Online	<i>Currently not required, but highly recommended for all coaches.</i>					Free