



At the August NSAA Board of Directors meeting, the board recommended that all certified coaches and NSAA activity sponsors be CPR/AED certified once every two years, beginning this school year, 2023-24. The board also determined that recommendation would become a requirement for all certified coaches and NSAA activity sponsors to be certified once every two years, beginning with the 2024-25 school year. New coaches must take the certification, in addition to the three required NFHS classes (Head, Heart, Heat) prior to beginning coaching.

Like the NSAA Parent & Student Consent Form and the Physician's Physical Release Form, it will be the responsibility of each NSAA member school to keep record of these certifications on file.

Although not the only options, there are three major training organizations listed on the sports medicine page. NSAA member schools can choose which organization to use for training – the NSAA does not require a specific organization for this certification.

Red Cross
American Heart Association
Health and Safety Institute