

Seaside Athletes 2018-2019

All student-athletes must complete 3 courses through <https://nfhslearn.com/>.

The courses are "Concussion in Sports", "Heat Illness Prevention", and "Sudden Cardiac Arrest". All courses are FREE! When you have completed the short classes you can e-mail the certificates to wardd@seasideschools.net or turn them into the front office.

Here is how to get to the courses:

- Go to <https://nfhslearn.com/>
- Select the Courses tab at the top of the page
- Complete:
 - "Concussion in Sports"
 - "Heat Illness Prevention"
 - "Sudden Cardiac Arrest"
- E-mail the certifications to wardd@seasideschools.net or turn them into the front office.

Thanks,
Seaside Athletics