**Please place the following in the Coaching Resources section of the NWALL website.**

**The following will need to be on separate sections. Please link the Safety Officers email link where it is indicated. Please email me if you have question on how this should look.**

**Call and Pump CPR**

All managers/coaches will need to review the Call and Pump video. This video provides instructions on how to perform “hands only CPR”. It is vital to know these concepts in case you are faced with this situation on the field.

Here is the video link: [https://video.search.yahoo.com/search/video?fr=mcafee&p=call+and+pump+cpr+video#id=1&vid=c3e1f4ca528132251f34ca40999ef10e&action=click](https://video.search.yahoo.com/search/video?fr=mcafee&p=call+and+pump+cpr+video%23id=1&vid=c3e1f4ca528132251f34ca40999ef10e&action=click)

Once you have reviewed the video, please print the completion form (located in the attached pdf) and email this to Dawn Seatz, Safety Officer, at the following email address: (place link here)

Thanks, Owen Seatz, NWALL Coaching Coordinator

**First Aid Course**

All managers/coaches will be required to complete a online first-aid course. You will need to open the hyperlink listed below. Next, register, look for the red Register tab, for the online first-aid class. Once registered, all four sections will need to be completed with a 80% or better pass rate. Once you have completed your basic first-aid course print off our certificate. Scan and then email the certificate of completion to our league Safety Officer, Dawn Seatz (place email link here).

Here is the link for the first-aid course: <http://www.firstaidforfree.com/free-first-aid-course/>

Thanks, Owen Seatz, NWALL Coaching Coordinator