

## MVKWA Coaching Requirements and Procedures

as of 10/17/2019

1. **Concussion Course Requirement** - The State of Ohio enacted House Bill 143. That means, by State Law, that all coaches have to complete a "Concussion Course". The course takes about 30 minutes. Here is **what coaches need to do**:
  - Go to [www.nfhslearn.com](http://www.nfhslearn.com)
  - Select: Concussion Courses, then select: Concussion in Sports
  - View course > at top, pick State: Ohio > Order Course (it is free)
  - Register if it is your first time. If not your first time, login or use "Forgot your password" if needed.
  - Follow the order process and prompts to get to and take the course.
  - Complete the course and **print a copy of your certificate**.
  - Certificate is good for 3 years.
  - The course needs to be **completed by your first practice**.
  
2. **Lindsay's Law (Sudden Cardiac Arrest)** - This is a State Law as of August 1, 2017. All parents and coaches are required to fulfill an annual requirement on sudden cardiac arrest. All coaches and parents need to watch a 17 minute video and sign a form. There is no money required for this. It is free.
  - Overall link: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Lindsays-Law/Lindsays-Law>
  - For youth coaches, use the links under "For parents/guardians and youth athletes".
    - i. Watch the "Required video" (17 minutes).
    - ii. View the "Required SCA Information Handout".
    - iii. Print the "Required Signature Form".
  
3. **USA Wrestling Limited Wrestling Leader Card** – All coaches will need a USA Wrestling Limited Wrestling Leader Card.

**How to Get a USA Wrestling Limited Leader Card – Detailed Steps – Are on the Back or Below,**

## How to Get a USA Wrestling Limited Leader Card – Detailed Steps

USA Wrestling is mandated by a Federal Government bill (see: <https://www.congress.gov/bill/115th-congress/senate-bill/534/text>) to require those coaching at MVKWA practices or meets to have a USA background check, USA Wrestling Safe Sport certification and a USA Wrestling Limited Wrestling Leadership membership card. The background check is only required and allowed for all those 18 & over. The USA Wrestling National Office worked with USA Wrestling-Ohio to minimize the cost for the MVKWA coaches, so that for the MVKWA coaches, the cost is \$35 for coaches that are 18 & over and \$0 for coaches that are 17 & under. (Overall site link for this: <https://www.usawmembership.com>)

The steps for getting the Federal Government / USA Wrestling coaching requirements:

- First, create a **USA Wrestling account and login**: (or use your account and login from last year if you have it)
  - View the 2 minute video “Create a free account” from <https://www.usawmembership.com/help>
  - This will show you how to setup your USA Wrestling account, user login and password.
- Then, create a **USA Wrestling Profile**: (or use your profile from last year if you have it)
  - View the 1 minute video “Creating a Profile” from <https://www.usawmembership.com/help>
  - This will show how to get your USAW ID number that you will need below.
  - Your USAW ID number will be the first item in in the first row of your “My Profile” data.
- Then, get your **USA Wrestling background check**: (if your profile has a **red dot** for “**BG Check**” item)
  - If you are 17 or under, you skip this step and you can do the next step (Safe Sport certification) right away.
  - If you are 18 or over, even if you are a high school student, you need to get this background check.
  - View a 2 minute video “How Do I Get My Background Check” at <https://www.usawmembership.com/help>
  - No other background check will work. You have to get the USA Wrestling background check.
  - There is \$0 payment for those in Ohio.
  - It will take 3-14 days for the background check to be processed.
  - You will get an email once your background check has been completed.
- Then, get your **SafeSport certification**: (if your profile has a **red dot** for “**SS Training**” item)
  - If you are 17 or under, you can do this step right away as you will not get a background check email.
  - If you are 18 or over, you may need a “passed background check” email before you take SafeSport class.
  - Whether you are 17 & under or 18 & over, you need to get Safe Sport certified.
  - The online SafeSport class takes about 90 minutes.
  - View a 3 min. video “How Do I Get My SafeSport Certification” at <https://www.usawmembership.com/help>
  - You will need your USAW ID number from above, and may need to create a SafeSport login/password.
  - The SafeSport certification has 3 units. When done you get just one overall certificate in 2019-2020.
- Once you passed the background check and SafeSport certification, **get your USAW membership**:
  - See 3 min. video “Purchasing a Wrestling Leader Membership” - <https://www.usawmembership.com/help>
  - The **Limited Wrestling Leader** membership has some USAW insurance with it:
    - USAW insurance info: <http://content.themat.com/forms/Insuranceinfo.pdf>
      - Or via <https://www.teamusa.org/USA-Wrestling>
      - Then Membership/Login > Insurance Information > Insurance Coverage
  - The Limited Wrestling Leaders membership will be automatically priced based on your age:
    - \$35 if you are 18 or over
    - \$0 if you are 17 or under
- You can **print your USAW membership card** during the above step, or you can re-print it later.
  - View 1 minute video: Print a Membership Card Online

The overall web link for getting the USA background check, USAW SafeSport certification and USAW membership is <https://www.usawmembership.com> (or [www.themat.com](http://www.themat.com) , then Membership/Login). And, as a quick reference, the link to all the help videos noted above is: <https://www.usawmembership.com/help> If something comes up where you still need assistance, you can call the USA Wrestling National office at 719-598-8181 and ask for Shonna Vest (ext. 664) or anyone in Customer Service (see: <https://www.teamusa.org/usa-wrestling/about-us/staff-directory>).

Thanks for coaching our youth wrestlers at MVKWA practices and meets. Our parents, other coaches and wrestlers thank you for providing this very valuable service.