

**SAINT PAUL DIOCESAN JUNIOR/SENIOR HIGH SCHOOL
ATHLETICS**



CONCUSSION AWARENESS CERTIFICATION

**St. Paul has made the “Concussion in Sports”
certification mandatory
for all players and parents.**

- 1. Please go to the NFHSLEARN.com website.**
- 2. Sign in.**
- 3. Create a password.**
- 4. Click on free courses.**
- 5. Click on “Concussion in Sports, What You Need to Know.”**
- 6. Print your certification.**
- 7. Your certificate must be brought to first tryout.**

The St. Paul concussion policy states that an athlete can return to athletic participation with a note from the doctor and the following guidelines.

- 1. The athlete must be symptom free for seven days.**
- 2. The athlete must complete a graduated return to play, plan for four days.**
- 3. A post-sports-related injury medical clearance and authorization form must be signed by a medical professional.**