

NCHSAA First Responder Staff Development (SD) and Continuing Education (CE) Opportunities

First Responders (FR) must annually complete and continue to maintain SD/CE in first aid, injury recognition, injury prevention, and injury management. A first suggested option to satisfy the 10-hour SD/CE requirement is attending the Athletic Injury Management Courses offered in conjunction with the North Carolina Coaches Association (NCCA) Summer Clinic. If a FR is unable to attend the NCCA Summer Clinic other educational opportunities are available to satisfy this annual requirement.

Courses offered in the [NFHS Learning Center](#):

- *ACL Injury Prevention
- *Appearance and Performance Enhancing Drugs and Substance
- *Heat Illness Prevention
- *Introduction to Pitch Smart
- *Sports Nutrition
- *Student Mental Health and Suicide Prevention
- *Sudden Cardiac Arrest *The Collapsed Athlete
- *Understanding Vaping and E-Cigarettes

Courses offered by the [Gatorade Sport Science Institute](#)

Note: SD/CE courses are valid for 365 days from date of completion, unless otherwise indicated, and must not lapse while serving in the role as a FR.