As per FHSAA Policies 40.1.1, 41.1 and 42.1.1, all student-athletes are required to watch the following FREE NFHS Learn courses annually.

- Concussion in Sports – What You Need to Know
- Heat Illness Prevention
- Sudden Cardiac Arrest

**Course Ordering**

**Step 1:** Go to [www.nfhslearn.com](http://www.nfhslearn.com).

**Step 2:** “Sign In” to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

OR

If you do not have an account, “Register” for an account.

**Step 3:** Click “Courses” at the top of the page.

**Step 4:** Scroll down to the specific course from the list of courses.

**Step 5:** Click “View Course”.

**Step 6:** Click “Order Course.”

**Step 7:** Select “Myself” if the course will be completed by you.

**Step 8:** Click “Continue” and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for these courses.)

**Beginning a Course**

**Step 1:** Go to [www.nfhslearn.com](http://www.nfhslearn.com).

**Step 2:** “Sign In” to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

**Step 3:** From your “Dashboard,” click “My Courses”.

**Step 4:** Click “Begin Course” on the course you wish to take.

For help viewing the course, please contact the help desk at NFHS. There is a tab on the upper right hand corner of [www.nfhslearn.com](http://www.nfhslearn.com). If you should experience any issues while taking the course, please contact the NFHS Help Desk at (317) 565-2023.