

**Mountain Hi Swim League
Team Concussion Awareness Form**

In accordance with regulations from the State of Colorado, the Mountain Hi Swim League (“MHSL”) requires each participating team to verify that all of its coaches (whether paid or not) and all those acting like a coach complete some form of verifiable concussion awareness training. MHSL suggests using the “Heads Up” online concussion awareness training provided by the Centers for Disease Control at:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

The Colorado High School Activities Association also provides a link to the following concussion awareness training:

<https://nfhslearn.com/courses/61129/concussion-in-sports>

I, _____ (Parent Delegate’s name) attest that all coaches for _____ (Team name) have participated in and successfully completed concussion awareness training with certificates of completion in my possession prior to engaging in coaching activities.

Submitted by: _____ Phone: _____

Date submitted: _____