



MANDATORY COACHES TRAINING

SAFE ENVIRONMENT PROGRAM (SEP)

For the protection of our vulnerable population, it is required by the Archdiocese of Seattle that all parish and school volunteers (Head and Assistant Coaches) with ongoing unsupervised access to youth or vulnerable adults must:

- 1) Complete and pass a background check PRIOR to starting their volunteer work.
- 2) Read, understand, and sign the following policies **within 3 days** of their beginning service date.
 - a) Policy for Prevention of & Response to Sexual Abuse, Sexual Misconduct & Sexual Harassment.
 - b) Reporting Suspected Abuse or Neglect of Minors and Vulnerable Adults.
 - c) The Code of Professional Conduct
- 3) First year coaches are required to complete the year 1 training (Protecting God's Children, 3 hour course) **within 90 days of their beginning service date**. They can have no contact with youth after 90 days until this is completed.
- 4) Coaches under the age of 18 years are not required to complete the Safe Environment program, but the Prevention of Sexual Abuse policies and the basic principles covered in the program should be reviewed with them so they understand the context in which they are volunteering.
Volunteers under 18 years of age must be supervised at all times by an adult (21 years of age and older) who has been cleared by a background check and has completed the Safe Environment training, and signed the Safe Environment Policies.

If a coach from the previous year (2016-17) has not completed the required SEP training, they are not allowed to coach until they have done so. It is the responsibility of the parish/school to verify that coaches have completed the necessary training.

NOTE: these are minimum requirements, a parish or school may adopt more stringent requirements on a local level.

Non-Archdiocesan schools (non-Catholic schools, Villa Academy, Forest Ridge, and Eastside Catholic) are not required to participate in the same program, but are expected to submit a signed agreement that indicates that they conduct background checks, safe environment training, and have policies in place for the prevention of sexual abuse.

For more information, to register for training or to set up a training for your parish or school please go to the Safe Environment page on the Seattle Archdiocese website. You can also visit the Virtus website to register as a first time coach or log-in and see what you need to complete.

PLAY LIKE A CHAMPION TODAY ® (PLACT)

This coaches training program is research based, child centered and starts from the premise that sport is ministry and coaches are youth ministers.

It is designed to:

- 1) Help us recognize the spiritual nature of sports;
- 2) Train youth sport coaches to be effective ministers;
- 3) Promote the moral and character development of our youth.

CYO Athletics believes that by participating in this training and implementing both what is learned in the session and what is contained in the associated manual, coaches will be empowered in their effectiveness beyond the technical

aspects of sports, enhancing their ability to create and maintain the positive environment that will GROW their youth participants.

While many coaches have participated in other coach presentations, we feel it is important that all coaches have the same training as they approach their role in CYO Athletics. While these other trainings, as well as those you may attend as a coach in other organizations, are excellent opportunities to grow as a coach, we see them as supplemental to the core training that we believe coaches obtain through PLACT.

We realize that experienced coaches may not get as much out of the training as beginning coaches but at the same time are hopeful that participating in the training will reinforce and affirm values and concepts experienced coaches are already practicing and perhaps even give new insights, perspective or tools into building on what they already do as a coach.

We understand that being a volunteer coach is a commitment of time and energy for young people and those coaches juggle busy lives in order to do this ministry. That is why we give 1st year coaches more time to complete the training. Coaches have a season of grace to complete the requirement.

- Every coach (including assistant coaches) is required to attend the PLACT Sports as Ministry coaches training. This training is designed to empower coaches to support and implement the CYO Athletics philosophy and to enhance the experience of the players, coaches and fans.
- **Underage coaches (those under the age of 18 years old) are not required to take the in person, “Sports as Ministry” training but instead required to complete the online refresher, “Advanced Workshop” on or before the roster deadline for the sport that they are coaching. Unlike the coaches who are required to take the in person training, they do not have a season of grace.**
- The initial training costs \$30 and refresher costs \$25. Depending on the parish and/or school, this fee may be paid by the parish/school or the coach themselves.
- There will be trainings prior to each season but it is recommended that coaches not wait until their season arrives to complete the requirement. There are facets of the training that should be incorporated substantially prior to the coaching season for maximum benefit.
- 1st year coaches in 2017-18 will have until prior to their next season of coaching to complete the training. This may be in the same sport in the following year or in the same program year but a different sport.
- ALL returning coaches (head and assistant) from 2016-17 or earlier must have completed the training prior to the beginning of their season to be eligible as a coach.
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- If a team has a 2016-17 coach who has not completed their PLACT training as its head coach or as an assistant coach, that team will forfeit all games that they have coached in.
- Any coach, head or assistant, who is entering their 3rd year removed from taking the “Sports As Ministry” training, must complete the PLACT online “Parents as Partners” coaches training. Additionally, coaches 3 years removed from the Parents As Partners class are due for their online Coaching as Ministry Advanced Workshop, consisting of a more comprehensive refresher of the initial in-person training. The online trainings must be completed on or before the roster deadline for their sport. If not completed, coach is no longer eligible to coach in CYO Athletics.
- Please see the CYO Athletics website for dates, times and locations of trainings and to register.

“THE LYSTEDT LAW” HB 1824

(1). The law identifies that all school coaches will have to take training on the nature and risk of concussions and head injury including continuing to play after a concussion or head injury.

(2). On an annual basis, a concussion and head injury information sheet shall be signed and returned by the athlete and athlete’s parents/guardian prior to the youth athlete’s initiating practice or competition.

(3). All athletes suspected of suffering a concussion or brain injury will be removed from practice or competition and not returned to play until cleared in writing by a licensed health care provider.

This affects CYO Athletics in that there are requirements for non-profit youth organizations using school facilities:

- All coaches, players and parents of youth teams shall have similar training as outlined for school coaches, players and parents prior to the start of any practice;
- While CYO Athletics will work to make this information accessible, parish/school athletic directors should ensure coaches, parents and athletes have complied with the rules.

SUDDEN CARDIAC ARREST (SCA)

(SSB 5083 – SCA AWARENESS ACT)

- Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S.
- Sudden Cardiac Arrest is the leading cause of sudden death in young athletes during sports.
- Each year, prior to participating in an athletic activity a sudden cardiac arrest form stating the online pamphlet was reviewed shall be signed by the youth athlete and athlete's parents and/or guardian and returned to the parish/school.
- Every three years, prior to coaching an interscholastic athletic activity coaches shall complete an online sudden cardiac arrest prevention program.
- Coaches shall provide a certificate showing completion of the online sudden cardiac arrest prevention program to the parish/school.
- Please check CYO Athletics website for more info.