

# Training Courses and Requirements for Class A Volunteers & Coaches

Training	Approximate Length of Training	Format	Class A Volunteer	HOD	Certified Coach	Clinician	Renewal Requirements	Cost
Volunteer A Form (SOMI will perform a background check)	5 minutes	<a href="#">Form</a>	X	X	X	X	Every 3 years	Free
Protective Behaviors	15 minutes	<a href="#">Online</a>	X	X	X	X	Every 3 years	Free
General Orientation	15 minutes	Online: <a href="#">Study Guide Test</a>	X	X	X	X	No expiration	Free
Concussion Training	1 hour	<a href="#">Online</a>			X	X	Every 3 years	Free
Sport Specific Training School	In person: 2-2.5 hours  Recertification: 20 minutes	<a href="#">Initial Training: In person</a>  Recertification: Online or training school			(Must complete Sport Specific Training School <b>OR</b> Mentor Training)	X	Every 3 years	\$10.00
Mentoring Training	8 – 10 Weeks	<a href="#">Mentor Training Form</a>			(Must complete Mentor Training <b>OR</b> Sport Specific Training School)		Every 3 years	\$10.00
Clinician Training School	2 hours	Available upon request				X	N/A	Free
Coaching Unified Sports	1 hour	<a href="#">Online</a>			X (If coaching Unified Sports)		N/A	Free
Sportsmanship	30 minutes	<a href="#">Online</a>	<i>Not currently required, but highly recommended for all coaches.</i>				N/A	Free
Coaching Special Olympic Athletes	3 hours	<a href="#">Online</a>	<i>Not currently required, but highly recommended for all coaches.</i>				N/A	Cost Varies
Principles of Coaching	3 hours	<a href="#">Online Guide</a>	<i>Not currently required, but highly recommended for all coaches.</i>				N/A	Free
CPR/ First Aid Training	8 hours	Various locations	<i>Not currently required, but highly recommended for all coaches.</i>				N/A	Cost Varies