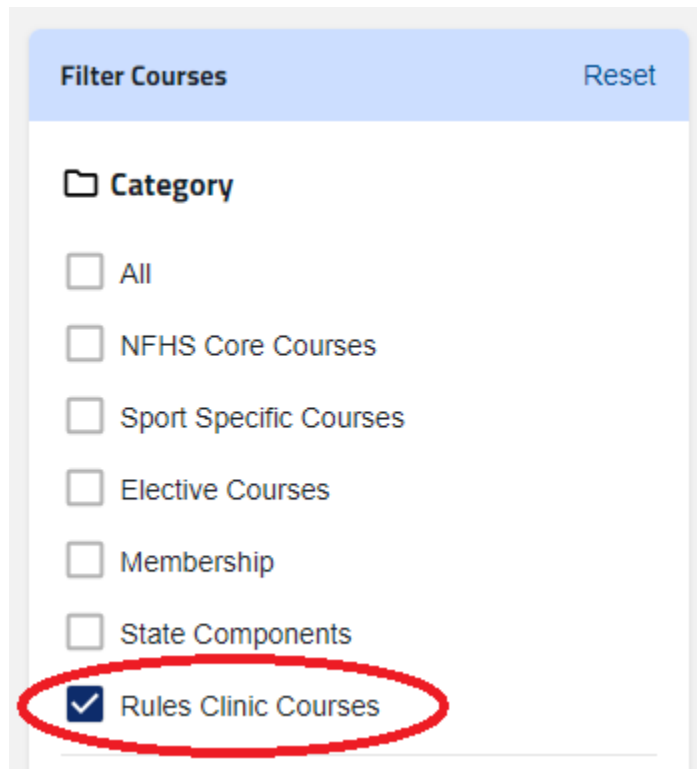


1. Go to NFHSlearn.com. If you are new to this website, you will need to create an account for yourself. If you are an experienced coach and have completed the Concussion In Sports training in the past, you should have an existing account.
2. Once your account is created or accessed, you will receive an email confirming your "order." That is simply for your records; it does NOT give you credit for completing the course.
3. After you are logged in, it will take you to a screen that says "Courses For" in red -- Click **COACHES**.
4. In the menu off to the left, click **Rules Clinic Courses**.







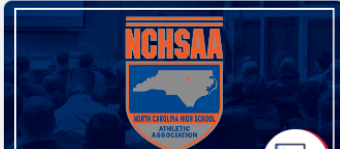

The image shows a 'Filter Courses' sidebar menu. At the top, there is a blue header with the text 'Filter Courses' on the left and 'Reset' on the right. Below the header, there is a section titled 'Category' with a folder icon. Underneath, there is a list of categories, each with a checkbox: 'All', 'NFHS Core Courses', 'Sport Specific Courses', 'Elective Courses', 'Membership', 'State Components', and 'Rules Clinic Courses'. The 'Rules Clinic Courses' checkbox is checked and is circled in red.

5. Iowa will show up, so click on the state, then **Start Learning**.

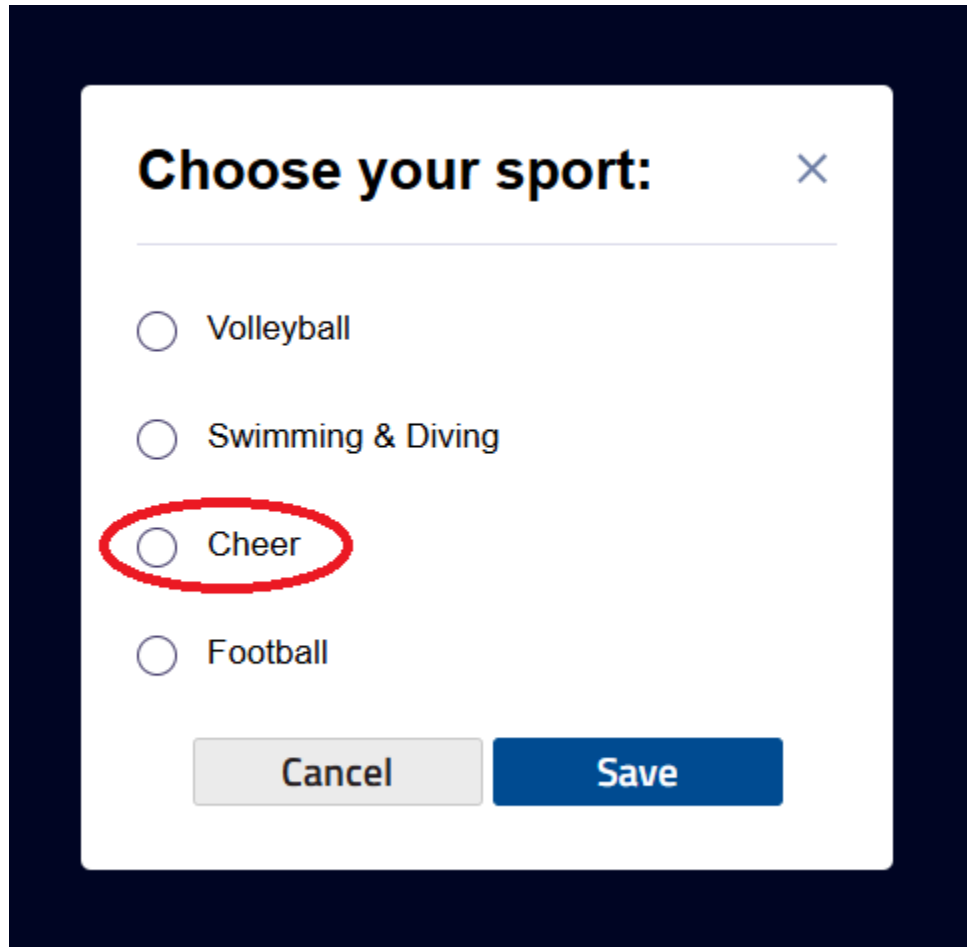
6. It will take you to **My Courses** where you will see the **Iowa Rules Meeting (2024-2025)**.

Reset

Coaches Courses(9)

 Montana Rules Clinic (2024-2025) Rules Clinic Course Coach , Administrator , Official Free	 Delaware Rules Clinic (2024-2025) Rules Clinic Course Coach , Administrator , Official Free	 Iowa Rules Meeting (2024-2025) Rules Clinic Course Coach , Administrator , Official Free
		

7. Click **Begin Course**, where you will then be able to select **Cheer**.



The image shows a dark blue rectangular frame containing a white dialog box titled "Choose your sport:". The dialog box has a close button (an 'x') in the top right corner. Below the title, there are four radio button options: "Volleyball", "Swimming & Diving", "Cheer", and "Football". The "Cheer" option is highlighted with a red circle. At the bottom of the dialog box, there are two buttons: a grey "Cancel" button and a blue "Save" button.

8. The powerpoint will automatically begin. There are three (3) sections to the Rules Meeting. When you complete Section 1, simply select Section 2 at the bottom of the page. Follow the same instructions as you go through Section 3. Be sure to watch all three in their entirety.
9. Upon completion, the next screen will show a Certificate of Completion. You will be able to go back and access your certificate

from your account as well.

CONGRATULATIONS

on completing this course!

Your completion certificate is now available in the "My Certificates" section of your dashboard.

Share your accomplishment on



[Show Certificate](#)