



BRONZE COACH CERTIFICATION

INSTRUCTIONS TO COMPLETE TRAINING

1. Login to your USA Lacrosse account here: [USA Lacrosse Login](#)
2. On the left, click the red button that says: **BACKGROUND CHECK**
 - Submit all details to NCSI
 - 5 minutes to complete. Results returned in 5-10 business days.
Required every 2 years.

Return to your account profile page to continue with the following:

3. On the left, click the red button that says: **MY TRANSCRIPT**
4. On the left, click the section: **BOYS/GIRLS COACHES - BRONZE CERTIFICATION (2024)**
5. Click on each individual course to be directed to the e-learning platform to complete

REQUIRED COURSES FOR BRONZE LEVEL CERTIFICATION

- **Abuse Prevention Training*****
 - 60–90 minutes to complete. Required every 2 years.
- **Cultural Competency**
 - 60–90 minutes to complete. One-time requirement.
- **All Coaches - Concussion Awareness*****
 - 30–45 minutes to complete. Annual requirement.
- **All Coaches - Sudden Cardiac Arrest*****
 - 10–15 minutes to complete. Annual requirement.
- **Boys/Girls Coaches - 2024 Rules Exam:**
 - 15–30 minutes to complete. Annual requirement.

*** If you have already completed these courses through NFHS or another sports organization, you can submit your certificate to the following email to get credit: coaches@usalacrosse.com

OPTIONAL COURSES INCLUDED WITH YOUR MEMBERSHIP

- **All Coaches - Your Role as a Coach**
- **All Coaches - Elevating Your Coaching IQ**
- **All Coaches - Effectively Coaching Gen Z**

Find more info and tips on the eLearning Program here: [eLearning Program](#)