



Earning a Certified Coach's Lanyard

In order to become a CYO Coach, you must complete the following:

1. **Speak with your Parish or School Athletic Director for approval**
2. **Create a Virtus Account**
Set-up a New Virtus Account: [English Version](#) | [Spanish Version](#)
or Log-in to an Existing Virtus Account: [English Version](#) | [Spanish Version](#)
Complete Background Check through Virtus - Completed every 5 years
3. **Complete Protecting Youth Course through Virtus - Completed every 5 years**
4. **Online Initial CYO Certification Class - Completed once**
[Click Here to Access CYO Certification Course](#)
5. **Read & Sign Coaches Code of Ethics - Completed every year**
[Click Here to Download Coaches Code of Ethics](#)
**Submit your signed Code of Ethics form to your parish/school Athletic Director*
6. **Read Standards & Guidelines and Sign Acknowledgement Form - Completed every year**
[Click Here to Download Standards & Guidelines](#)
[Click Here to Download Acknowledgement Form](#)
**Submit your signed Acknowledgement Form to your parish/school Athletic Director*
7. **NFHS Concussion In Sports Course - Completed every 3 years**
[Click Here to Download Instructions](#)
[Click Here to Access NFHS Course](#)
**Submit your NFHS Concussion Course Completion Certificate to your Athletic Director*
8. **Sudden Cardiac Arrest Awareness Video - Completed every year**
[Click Here to Access Video](#)
[Click Here to Access Coach Information Sheet & Attestation](#)
**Submit your signed Attestation Form to your Athletic Director*
9. **Attend Sport Specific Coaches Meeting - Completed each season**