



## INSTRUCTIONS FOR VIRTUAL ERA 2-DAY FULL COURSE

### GENERAL INFORMATION

Here is info for the course preparation. It is recommended that you save this document or print off for reference as you prepare for the course.

- You have registered for the upcoming VIRTUAL – ERA FULL Emergency Response for the Athlete (ERA) Course.
- Completion of this course earns you a 3-year ERA CERTIFICATION Certificate
- **Times listed are EAST COAST TIMES**
- Lab type clothes are best

There are **4 parts** to this course each takes some prep and time to complete:

### A. VIRTUAL ERA ONLINE TRAINING VIA LEARNING MODULE

**LEARNER ACCOUNT.** If you have not already done so, create your learner account on Cogent Steps LLC website: [www.cogentsteps.net](http://www.cogentsteps.net) (if you registered on that website you have created one already). If someone else registered you, contact us ([reid.bessenger@gmail.com](mailto:reid.bessenger@gmail.com) or (703) 971-4834) so that we can associate your registration with your learner account.

**ONLINE TRAINING MODULE.** Log onto your learner account and click “My Learner Account” in the blue ribbon at the top right of the page. Here you can view (among other things) your On-Site Course Orders, Online Training Modules, and Account Details.

Here you have access to the ERA Textbook

The textbook coupled with the PowerPoint voiced slides give a comprehensive approach to Acute Injury and Illness. The concepts will be utilized in the following parts.

The average time for completion of the online text, PowerPoint, and test (min 80% score) is 6-10 hours

### B. FLIPGRID FOR LAB WORK

Completed through an online system called FLIPGRID, independent of the Cogent Steps Learner Account. This is your demonstrated lab work that will be evaluated by the instructors. You must obtain the required supplies and equipment as listed <https://cogentsteps.net/>

[product/sverk-sports-venue-emergency-response-kit/](#) OR you may purchase a Sideline Venue Emergency Response Kit (SVERK) from our store

Accessed through [www.FLIPGRID.com](http://www.FLIPGRID.com) an online educational platform

You were sent a Flipgrid link and student code to begin your session

Topics should be completed in order presented

Overall takes 3-8 hours of quiet uninterrupted time (from family, work, dogs, etc.)

Uploaded videos can be a max of 10 minutes

Most topics require you to respond in words or video upload – instructors will provide feedback

which is why the deadline in **8 days before the live course**

Several of these topics / labs require you to have a partner to complete the uploaded videos.

You may provide your own supplies based on the items listed on the website [SVERK – Sports Venue Emergency Response Kit – Cogent Steps, LLC](#) or purchase a SVERK for your lab work and to keep as a sideline kit.

### C. SYNCHRONOUS SESSION

Through ZOOM (2 days). The lead instructor will send the link out a few days before class

**Times are 9 am – 5 pm -- EAST COAST TIMES**

Lab type clothes are best

Unless there are extenuating circumstances please have your camera on

The live ZOOM is organized as a synthesis of your online work, some lectures on current material and a focus on class discussion based on examples, return to play and sharing with others in the class

A partner is needed for practical testing which begins on Day 2 at approximately 8:30 am.

On

Day 1 you will move to your testing groups so you may self-select your practical time within your group. A partner may be anyone old enough to “act out” an injured athlete with some basic coaching by the instructor.

Final Practicals are 1:1 with an instructor and your partner. Expect the practical to take 20-30 minutes.

While you are waiting for your practical, your group will complete an Emergency Action Plan based on a provided athletic location and sport. These will be completed as a group and emailed to Shelly Weinstein (mlweinstein@cogentsteps.net) for review and feedback.

Students should have the SVERK or obtain the same materials provided in the SVERK for the practical.

#### **D. COURSE EVALUATION**

You will receive a link to complete an online course evaluation. This is important for CogentSteps to improve the quality of the course for various governing bodies and NATABOC who grant our CEUs.

For PT's, the granting of state CEUS is variable. Some states recognize our course as an approved APTA course provider. Others require individual submission of documents. These can be found on our website at [CEU Submission Information – Cogent Steps, LLC](#)

For AT's, we are an approved NATABOC provider. Our Provider # is **P10170**

You will receive an email with your ERA course certificate usually within a week of the synchronous session. Course evaluations must be completed for students to receive their certificates.