# 2027 L100 COACH RECERTIFICATION

**Updated: June 12th, 2026**

**Coaches must register for any event they plan to attend.**

A Coaches Membership will be required to register for events. There will be no fee associated with event registration; However, this additional step is essential for two reasons:

1. It is imperative that Event Organizers have contact information for all attendees and that local health authorities can conduct effective contact tracing if necessary.

2. Many resorts are implementing limits on the number of daily guests. An Event Organizer must have an accurate projection of attendees to ensure enough reserved tickets for trainers. If you are not registered for an event, you will not be granted ticket benefits or access to the venue.

## Coach Complimentary Ticket Policy

*Please note that some resorts may have a slightly different coach ticket policy. You should reach out to the Event Organizer to confirm their ticket policy.*

1 Athlete: No ticket
2 - 3 Athletes: 1 Coach ticket per day of event
4 - 6 Athletes: 2 Coach tickets per day of event
7 - 10 Athletes: 3 Coach tickets per day of event
11+ Athletes: At Event Organizer's discretion

## Step by step guide to complete the L100 recertification exam:

You can only take the recertification exam if you have previously completed the L100 and it has expired. If your name is not on the IFSA Coaches' List, you are not eligible to take the recertification exam.

**STEP 1:** All coaches will need **two** Liveheats memberships.

- The first one is the IFSA membership ($65 USD).
    - Liveheats Membership
- The second one is the Regional membership for the region you train in (free of charge).
    - Liveheats Membership

*Please note that junior athletes and coaches only need **one regional** membership, even if they are planning to compete outside of their home region. Please use your main training region.*

**STEP 2:**
Code of conduct: Please sign your name on the code of conduct form indicating that you understand the materials.

**STEP 3:**
Ethics and Morals/Working with Children: Complete the SafeSport course. We will be able to see your progress through the SafeSport dashboard.
SafeSport guide

**STEP 4:**
CPR/First Aid: Coaches are required to hold a valid CPR/first aid certificate. Download the certificate - you will need to upload it on the L100 test.
CPR/first aid guide

**STEP 5:**
Concussion: In addition, you will need to complete the concussion coursework through the CDC course Heads Up. Download the certificate - you will need to upload it on the L100 test.
Heads Up guide

**STEP 6:**
Review the following resources to stay up to date with rule changes and changes to the series, then complete the test.

Review the following documents.

- IFSAfreeride.org
- Athlete Handbooks

- Judges Handbook
- Inspection Protocol
- Self Arrest

“Know Before You Go” - short powerpoint presentations outlining general avalanche information

- KBYG Power Point 1
- KBYG Power Point 2
- KBYG Power Point 3
- KBYG Power Point 4
- KBYG Power Point 5

AIARE Short Video Series (3-5 minutes each)

- Essential Rescue Equipment
- Departure Check
- Identifying Avalanche Terrain
- Locating Unstable Snow
- Reducing Risk by Selecting Terrain

**TAKE THE TEST HERE: 2027 IFSA L100 Recertification Test**

**STEP 7:**
When you are done and have passed all the quizzes, send an email to training@ifsafreeride.org so we know you are ready for your work to be graded. You will be updated on the L100 list found on the IFSA website, and can register for events.
*Please give us 3 days to complete this once you email us.*

If you have any questions, reach out to : training@ifsafreeride.org

Thank you!
**The IFSA Team**