## **CSO Allegro Athlete Health and Wellness**

## Parents' Modules — Login Instructions

- 1. Follow this link: https://canvas.instructure.com/enroll/JWCG6B
- 2. You will see this screen:

CANVAS			
Enroll in CSO/Allegro Athlete Health & Wellness - Parents			
You are enrolling in CSO/Allegro Athlete Health & Wellness - Parents.			
Please enter your Email:			
Email	Email		
I am a new user			
○ I already have a Free for Teacher login			
View Privacy Policy			

- 3. Enter your email address and click on "I am a new user".
- 4. This will take you to this screen:



- 5. Enter your full name, click on the "I agree" check box and confirm you're not "a robot".
- 6. Now click on "enroll in course".
- 7. That will bring up this screen. Click on "Go to the course".

8.7.8 1.7.8 1.2.4	Enroll in CSO/Allegro Athlete Health & Wellness - Parents
Account	You have successfully enrolled in CSO/Allegro Athlete Health & Wellness - Parents.
ری) Dashboard	Go to your Dashboard Go to the Course
Courses	
Calendar	
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(ii) Help	
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You're not on the course homepage. Begin with module 1. (Circled in yellow).
 Proceed when finished to the module 1 quiz when finished. Do the same for each subsequent module.

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Home       Announcements       Asignments       Discussions       Crades       Discussions       Calendar       Bits       Calendar       Pistors       Vistors       Discussions       Calendar       Pistors       Vistors       Pistors       Vistors       Vistors       Vistors       Vistors       Vistors       Vistors       Vistors       Vistors       Vistors	CSO/Allegro Health & Wellness Parents Modules open as they are completed. Start with module 1, pass the quiz, then move on to the next module.     Module Notes		
	Pages Files Syllabus Quizzes Modules Collaborations Lucid	Module 1: CSO Philosophy and Parent Code of Conduct     Complete All Items     Module 1: What is the Initiative? Code of Conduct     View     View     View     Module 1 Quiz: Phil. & Parent Code of Conduct     Spts. Score at least 50	0
		Module 2: Weather, Hydration, Rest	of Con-

9. Once in the module, if you'd like to go to "full screen" click the icon in the gray bar at the top of the module (see circled yell

