

****Ohio's return-to-play law goes into effect on April 26th, 2013****



Ohio's Return-to-Play Law: What a Parent/Guardian Needs to Know – Youth Sports Organizations

For athletes participating in youth sports organizations (non-school sports):

1. Starting April 26th, 2013, parents and athletes are required to receive a concussion information sheet annually for each sport.
2. Coaches, referees, or officials must **remove an athlete from play** if the athlete is exhibiting the signs and symptoms of a concussion during practice or a game. These include:
 - Appears dazed or stunned.
 - Is confused about assignment or position.
 - Forgets plays.
 - Is unsure of game, score or opponent.
 - Moves clumsily.
 - Answers questions slowly.
 - Loses consciousness (even briefly).
 - Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
 - Can't recall events before or after hit or fall.
 - Any headache or "pressure" in head. (How badly it hurts does not matter.)
 - Nausea or vomiting.
 - Balance problems or dizziness.
 - Double or blurry vision.
 - Sensitivity to light and/or noise
 - Feeling sluggish, hazy, foggy or groggy.
 - Concentration or memory problems.
 - Confusion
 - Does not "feel right."
 - Trouble falling asleep.
 - Sleeping more or less than usual.
3. The athlete **cannot** return to play on the same day that the player is removed.
4. The athlete **is not permitted** to return to play until they have been assessed and receive written clearance by a physician or by any other licensed health care provider approved by the youth sports organization.

PLEASE NOTE: It is important to review your organization's policy regarding which health care providers are authorized to clear an athlete to return to play.

For More Information

Ohio Department of Health - Ohio's Return to Play Law: www.healthyohioprogram.org/concussion

Centers for Disease Control and Prevention - Heads Up in Youth Sports:
www.cdc.gov/concussion/HeadsUp/youth.html

Centers for Disease Control and Prevention – Returning to School after a Concussion:
www.cdc.gov/concussion/HeadsUp/schools.html