
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 (MD or DO) 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:

