

**\*\*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 26<sup>th</sup>, 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**

Ohio Department of Health - Ohio's Return to Play Law: [www.healthyohioprogram.org/concussion](http://www.healthyohioprogram.org/concussion)

Centers for Disease Control and Prevention - Heads Up in Youth Sports:  
[www.cdc.gov/concussion/HeadsUp/youth.html](http://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](http://www.cdc.gov/concussion/HeadsUp/schools.html)