



## Ohio's Return to Play Law: What a Parent/Guardian Needs to Know- *Interscholastic Sports*

### Concussion Information Sheet

Parents and athletes are required to receive, sign and submit a concussion information sheet for **each school year for each sport**. This information sheet can be found at: [Concussion Information Sheet](#)

### Signs and Symptoms<sup>1</sup>

Coaches or referees must remove a student athlete 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 instruction, is confused about an assignment or position, or unsure of the game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events before or after a hit or fall.
- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

### Dangerous Signs & Symptoms of a Concussion<sup>1</sup>

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



## **Return to Play<sup>2</sup>**

**The student athlete cannot return to play, practice or training on the same day that the player is removed.** Under Ohio law ([ORC 3313.539](#) and [ORC 3707.511](#)), a physician (in accordance with the Ohio Revised Code and Ohio Administrative Code) must provide **WRITTEN** clearance for an athlete to return to play.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care professional to make an assessment or grant a clearance only if the professional is acting in accordance with one of the following, as applicable to the professional's authority to practice in this state:

- In consultation with a physician.
- Pursuant to the referral of a physician.
- In collaboration with a physician.
- Under the supervision of a physician.

*It is important to review your school policy regarding what health care providers are authorized to clear an athlete to return to play.*

## **Medical Clearance to Return to Play Form**

For school sports that are members of the Ohio High School Athletic Association, there is an OHSAA sanctioned form available at: <https://ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf>

For youth sports organizations and schools that are not part of OHSAA, there is no specific form that must be filled out by a healthcare provider authorizing an athlete to return to play; however, the Ohio Department of Health has made one available at: [Return to Play-Medical Clearance Form](#). Please see above section on who can issue medical clearance to return to play.

## **For More Information**

**<sup>1</sup>Centers for Disease Control and Prevention - Head's Up in Youth Sports:**

<https://www.cdc.gov/headsup/youthsports/>

**<sup>2</sup>Consensus Statement Concussion in Sport:**

[Consensus Statement Concussion in Sport](#)

**Ohio Department of Health - Ohio's Return to Play Law:**

<http://www.odh.ohio.gov/concussion>