



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

### Concussion Information Sheet

Starting on April 26, 2013, Ohio Law ([ORC 3707.511](#)) requires a youth sports organization to provide a Concussion Information Sheet to the parent or guardian of an individual who wishes to practice for or complete in an athletic activity organized by the organization. This information sheet can be at [Concussion Information Sheet for Youth Sports](#).

***Parents and athletes are required to receive a concussion information sheet annually for each sport.***

### Removal from Play<sup>1 2</sup>

Coaches, referees, or officials must remove an 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).



The athlete cannot return to play (games, practice, or other training) on the same day that the player is removed. The athlete is not permitted to return to play until they have been assessed and cleared by a physician, in accordance with the Ohio Revised Code and Ohio Administrative Code or by any other licensed health care provider authorized by the youth sports organization.

**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.

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

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

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](#)

### **For More Information**

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

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

#### **Centers for Disease Control and Prevention - Head's Up in Youth Sports:**

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

#### **Consensus Statement Concussion in Sport**

[Consensus Statement Concussion in Sport](#)