



Concussion Signs and Symptoms*

Signs Observed by Coaching or Medical Staff

- Appears dazed or stunned
- Is confused about assignment
- Forgets sports plays
- Is unsure of game, score, opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall (retrograde amnesia)
- Can't recall events after hit or fall (anterograde amnesia)

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Does not "feel right"

*Source: CDC, Heads Up: Brain Injury in Your Practice

Ohio's Return to Play Law

Starting April 26th, 2013, individuals are not allowed to serve as a coach or referee for a youth sports organization, whether volunteer or paid, without:

1. Successfully completing, every three years, an online training program in recognizing the signs and symptoms of concussions and head injuries provided by the Ohio Department of Health - OR-
2. Holding a Pupil Activity Permit (PAP) from the Ohio Department of Education.

Starting April 26th, 2013:

1. Coaches, referees, or officials must remove an athlete exhibiting the signs and symptoms of a concussion during practice or a game.
2. The athlete cannot return to play on the same day that he or she is removed.
3. 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. 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
Injury Prevention Program
246 N High Street; 8th Floor
Columbus, Ohio 43215

www.healthy.ohio.gov/concussion

E-mail: healthyohio@odh.ohio.gov

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