<u>Ohio's return-to-play law goes into effect on April 26th, 2013**</u>**

Ohio's Return-to-Play Law: What a Parent/Guardian Needs to Know – *<u>School Sports</u>*

For Athletes Participating in <u>School Sports</u> (Interscholastic Athletics):

1. Starting April 26th, 2013, parents and athletes are required to sign and submit a concussion information sheet for each school year for each sport.

2. Coaches and referees must **<u>remove an athlete from play</u>** 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 student athlete **<u>cannot</u>** return to play on the same day that the student is removed.

4. The student athlete ***<u>is not permitted</u>*** 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 school district.

PLEASE NOTE: It is important to review your school's policy regarding which health care providers are authorized to clear an athlete to return to play.

<u>For More Information</u>

Ohio Department of Health - Ohio's Return to Play Law:
<u>http://www.healthy.ohio.gov/vipp/concussion</u>

Centers for Disease Control and Prevention - Heads Up in Youth Sports:
<u>www.cdc.gov/concussion/HeadsUp/youth.html</u>

Centers for Disease Control and Prevention – Returning to School after a Concussion:
<u>www.cdc.gov/concussion/HeadsUp/schools.html</u>