

**\*\*Ohio's return-to-play law went into effect on April 26th, 2013\*\***

## **Ohio's Return-to-Play Law: What Coaches & Referees Need to Know – Youth Sports Organizations (Non-school sports)**



### **Training In Recognizing the Signs and Symptoms of a Concussion**

Starting April 26<sup>th</sup>, 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](#).

**For those who current hold a Pupil Activity Permit:** Starting April 26<sup>th</sup>, 2013, in order to renew their permit (every three years), coaches with a current PAP will be required to present evidence that they have successfully completed:

- 1) a training program in recognizing the symptoms of concussions and head injuries that is linked on the Department of Health's [web site \(http://www.healthy.ohio.gov/vipp/concussion\)](http://www.healthy.ohio.gov/vipp/concussion)

**-OR-**

- 2) a training program authorized and required by an organization that regulates interscholastic conferences or events.

### **Online Training**

The current, free online trainings that have been approved by ODH to meet the training requirement for coaches and referees are listed on the **ODH website, under Online Concussion Management Training at: <http://www.healthy.ohio.gov/vipp/concussion.aspx>**. Instructions for completing the courses are also included.

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### **Removal From and Return to Play**

- 1) Starting April 26<sup>th</sup>, 2013, coaches, referees, or officials must remove an athlete 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.
- 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 (MD or DO) 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 - Ohio's Return to Play Law:

<http://www.healthy.ohio.gov/vipp/concussion>

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

[www.cdc.gov/concussion/HeadsUp/youth.html](http://www.cdc.gov/concussion/HeadsUp/youth.html)

Ohio Department of Education – Pupil Activity Permit:

<http://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEDetail.aspx?page=3&TopicRelationID=1328&ContentID=84483&Content=126368>