



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 and concussion information sheet for each school year for each sport. This information sheet can be found on the [ODH website](#) under "Concussion Information Sheet" (*Interscholastic: Student Athlete Concussion Information Sheet*) section.

Signs and Symptoms

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 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.

Return to Play

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 must provide **WRITTEN** clearance for an athlete to return to play. Physicians (M.D. or D.O.) and Diplomates in either Chiropractic Neurology or Chiropractic Sports Medicine and Certified Chiropractic Sports Physicians who are listed in the American Chiropractic Board of Sports Physicians (ACBSP) Concussion Registry will be considered able to meet the recommended standards of care and are able to independently clear

****Ohio's return-to-play law came into effect on April 19, 2013****

youth athletes to return to play. All other licensed health care professionals must work in coordination or consultation with a physician (M.D. or D.O.), as written in HB 143.

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: ohsaa.org/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 on the [ODH website](#). Please see above section on who can issue medical clearance to return to play.

For More Information

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

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

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

<http://www.cdc.gov/headsup/youthsports/index.html>

Centers for Disease Control and Prevention – Returning to School after a Concussion:

<http://www.cdc.gov/headsup/schools/index.html>