



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

Concussion Information Sheet

Starting on April 26th, 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 also be found at <http://www.odh.ohio.gov/concussion> under “Concussion Information Sheet” (*Youth Sports Organization Concussion Information Sheet*) section.

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

Removal from Play

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 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 a 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.

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 or by any other licensed health care provider authorized by the youth sports organization.

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 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.

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:

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

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/>

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

https://www.cdc.gov/headsup/basics/return_to_school.html