
For athletes participating in youth sports organizations (non-school sports):

1. Starting April 26th, 2013, parents and athletes are required to receive a concussion information sheet annually for each sport.

2. Coaches, referees, or officials must remove an athlete from play 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 athlete cannot return to play on the same day that the player is removed.

4. 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.

PLEASE NOTE: 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: www.healthyohioprogram.org/concussion
