

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

**Ohio's Return-to-Play Law: What Coaches & Referees
Need to Know – Interscholastic Athletics (School sports)**



Training In Recognizing the Signs and Symptoms of a Concussion

COACHES: Those wishing to coach interscholastic athletics, whether done on a paid or volunteer basis, must hold a Pupil Activity Permit (PAP) issued by the [Ohio Department of Education](http://www.ohio.gov/education).

For Coaches with a Current PAP: Starting April 26th, 2013, in order to renew their PAP (which is required every three years), coaches will be required to present evidence that they have successfully completed:

- 1) a training program in recognizing the signs and symptoms of concussions and head injuries that is linked on the Department of Health's web site (www.healthyohioprogram.org/concussion)

-OR-

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

For First-time PAP Applicants: On or after April 26th, 2013, those who apply for a first-time Pupil Activity Permit to coach interscholastic athletics will be required to successfully complete a training program that is specifically focused on concussions as part of the requirements to obtain a permit.

REFEREES: Starting April 26th, 2013, referees for interscholastic athletics must either:

- 1) hold a Pupil Activity Permit (see above) for coaching interscholastic athletics

-OR-

- 2) successfully complete, every three years, an online training program in recognizing the signs and symptoms of concussions and head injuries that is linked on the Department of Health's web site (www.healthyohioprogram.org/concussion) or a training program authorized and required by an organization that regulates interscholastic conferences or events.

Online Training

The Ohio Department of Health has approved the following free online trainings for coaches and referees:

[National Federation of State High School Associations Concussion in Sports - What you Need to Know: http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000](http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000) (This free on-line course is available through the NFHS. You will need to click the "order here" button and complete a brief registration form to take the course. Follow these steps to complete the course:

- 1) Click on the button that says, please login to order. In the window that appears, click Register Now.
- 2) When your registration is complete you may "order" the free concussion course offered along the left hand side of the page. Continue following prompts. Although it may look like you'll be charged for the course, there is no cost.

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- 3) Once you've completed "checkout," you'll be able to take the free online course.
- 4) When you've completed and passed the course, you have the option of printing a certificate of completion.

[Center for Disease Control and Prevention Heads Up Concussion in Youth Sports On-Line Training Program: http://www.cdc.gov/concussion/HeadsUp/online_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

PLEASE NOTE: Both courses offer a "certificate of completion" upon successful passage.

Removal From Play

- 1) Starting April 26th, 2013, coaches or referees 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 or by any other licensed health care provider approved by the school district. It is important to review your school'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

Centers for Disease Control and Prevention – Heads Up in Youth Sports:
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>