

# OhioHealth Doesn't Take Hard Hits Lightly

*Concussions can impact a child's future both on and off the field. OhioHealth understands and will comply with all regulations set forth by the Ohio Department of Health, Ohio High School Athletic Association and any other applicable organizations as they apply to our individual settings as clinicians.*

The OhioHealth Concussion Management Team is certified in concussion management and uses the most current scientific research to assess concussions. Our experts include physicians, neurologists, athletic trainers, physical therapists and vestibular therapists. Our team provides advanced care for sports-related concussions, including education, treatment and management. We know athletes want to return to activity as quickly as possible after an injury, and it is our job to make sure they have an individual plan to do so safely.

## Signs of a Concussion    Symptoms of a Concussion

- |                              |                                     |
|------------------------------|-------------------------------------|
| + Dazed/confused or stunned  | + Headache                          |
| + Memory loss                | + Nauseous and vomiting             |
| + Slow to respond            | + Dizziness or balance problems     |
| + Unusually tired            | + Sensitivity to light and/or noise |
| + Unusually sad or irritable | + Extreme Fatigue                   |
| + Nausea                     | + Double or Blurry Vision           |
|                              | + Feeling sluggish or groggy        |

## OhioHealth's Concussion Management Team is available 24/7.

**(614) 566-GAME (4263)**

Call us anytime, and we will get you connected to the most appropriate healthcare professional within 24 hours.

**WE OFFER**

Pupil Activity Permit education courses for coaches and referees. For details, please visit us at [OhioHealth.com/SportsMed-ForCoaches/](http://OhioHealth.com/SportsMed-ForCoaches/)

### A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL  
DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL - NELSONVILLE + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL  
WESTERVILLE MEDICAL CAMPUS + 20 HEALTH AND SURGERY CENTERS + URGENT CARE + PRIMARY AND SPECIALTY CARE  
WELLNESS + HOSPICE + HOME CARE + 22,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS

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**OhioHealth**

BELIEVE IN WE™

# Important Facts You Need to Know Regarding Ohio HB 143 Concussions in Youth Sports: Ohio's Return-to-Play Law

Provided by OhioHealth Sports Medicine Concussion Experts



**EFFECTIVE APRIL 26, 2013**, the following will be required of coaches, referees and parents as it relates to concussion management in youth sports and interscholastic athletics:

## Youth Sports Organizations

- + Parents - Youth organizations must provide an informational handout on concussions and head injuries developed by the Ohio Department of Health to every parent/legal guardian of any athlete who wishes to practice/compete in athletics that are organized by the youth organization.
- + Coaches and referees acting on behalf of a youth organization must either successfully:
  1. Hold a current Pupil Activity Permit from the Ohio Department of Education  
– OR –
  2. Successfully complete an online concussion training program, every three years, which is available on the Ohio Department of Health's web site.

## Interscholastic Athletics

- + Athletes and parents - Any and all interscholastic athletes wishing to participate in any practices or competitions must have a concussion and head injury information sheet created by the Ohio Department of Health signed by a parent/legal guardian on file with the school.
- + Referees involved in interscholastic athletics must either:
  1. Hold a current Pupil Activity Permit from the Ohio Department of Education  
– OR –
  2. Successfully complete an online concussion training program, every three years, which is available on the Ohio Department of Health's web site.
- + Coaches involved in interscholastic athletics must:
  1. Hold a current Pupil Activity Permit from the Ohio Department of Education  
– AND –
  2. Successfully complete an online concussion training program, every three years, which is available on the Ohio Department of Health's web site.

*\*Note: 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 concussion management as part of their application requirements.*

## Ohio HB 143 Requirements for Both Youth Sports Organizations AND Interscholastic Athletics

- + Requires a coach, referee or official of a youth sports organization/school to remove an athlete exhibiting signs, symptoms or behaviors consistent with having sustained a concussion or head injury from practice/competition.
- + Prohibits an athlete to return to play on the same day he/she is removed.
- + Prohibits a coach, referee or official from allowing an athlete to return to practice/competition from which the athlete was removed, or to participate in any other practice/competition for which the coach, referee or official is responsible, until the individual has been assessed and cleared for return by a physician or any other licensed health care provider working in collaboration with a physician that is authorized by the school/youth sports organization.

FOR MORE  
INFORMATION

For additional information and direct links to fact sheets for parents and coaches, a FAQ document that links to online trainings for coaches/referees/officials, and concussion information sheets for both youth sports organizations and schools, please visit [HealthyOhioProgram.org/Concussion](http://HealthyOhioProgram.org/Concussion).