

Return to Play Policy

The Board of Directors of the School adopts this policy in compliance with Ohio Revised Code 3313.539 and 3314.03.

Student Participation Requirement:

The School shall require that prior to a student practicing for or competing in interscholastic athletics the student will have submitted a form signed by the parent, guardian, or other person having care or charge of the student stating that the student and the parent, guardian, or other person having care or charge of the student have received the concussion and head injury information sheet required by section 3707.52 of the Ohio Revised Code. A completed form shall be submitted each school year, as defined in section 3313.62 of the Revised Code, for each sport or other category of interscholastic athletics for or in which the student practices or competes.

Coaching Requirement:

The School shall require that any individual coaching interscholastic athletics hold a pupil-activity program permit issued under section 3319.303 of the Revised Code for coaching interscholastic athletics.

Refereeing Requirement:

The School shall require that any individual refereeing interscholastic athletics hold a pupil-activity program permit issued under section 3319.303 of the Revised Code for coaching interscholastic athletics or presents evidence that the individual has successfully completed, within the previous three years, a training program in recognizing the symptoms of concussions and head injuries to which the department of health has provided a link on its internet web site under section 3707.52 of the Revised Code or a training program authorized and required by an organization that regulates interscholastic athletic competition and conducts interscholastic athletic events.

Removal from Play or Practice:

If a student practicing for or competing in an interscholastic athletic event exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury while participating in the practice or competition, the student shall be removed from the practice or competition by either of the following:

- (1) The individual who is serving as the student's coach during that practice or competition;
- (2) An individual who is serving as a referee during that practice or competition.

If a student is removed from practice or competition under this policy, the coach or referee who removed the student shall not allow the student, on the same day the student is removed, to return to that practice or competition or to participate in any other practice or competition for which the coach or referee is responsible. Thereafter, the coach or referee shall not allow the student to return to that practice or competition or to participate in any other practice or

competition for which the coach or referee is responsible until both of the following conditions are satisfied:

- (a) The student's condition is assessed by either of the following:
 - (i) A physician;
 - (ii) Any other licensed health care provider the School authorizes under the terms herein to assess a student who has been removed from practice or competition under this policy.
- (b) The student receives written clearance that it is safe for the student to return to practice or competition from a physician or from another licensed health care provider authorized pursuant to this policy to grant the clearance.

The School may authorize a licensed health care provider who is not a physician to make an assessment or grant a clearance for purposes of this policy if the provider is acting in accordance with one of the following, as applicable to the provider's authority to practice in Ohio (such person may be a volunteer):

- (a) In consultation with a physician;
- (b) Pursuant to the referral of a physician;
- (c) In collaboration with a physician;
- (d) Under the supervision of a physician.

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians

- ◆ *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.*

Symptoms Reported by Athlete

- ◆ *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.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



www.healthyohiprogram.org/concussion

What is a Concussion?

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

Resources

ODH Violence and Injury Prevention Program
www.healthyohioprogram.org/vipp/injury.aspx

Centers for Disease Control and Prevention
www.cdc.gov/Concussion

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. Ohio law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.



Ohio Department of Health
Violence and Injury Prevention Program
246 North High Street, 8th Floor
Columbus, OH 43215
(614) 466-2144

www.healthyohioprogram.org/concussion

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

I have read the Ohio Department of Health's Concussion Information Sheet and understand that I have a responsibility to report my/my child's symptoms to coaches, administrators and health care provider.

I also understand that I/my child must have no symptoms before return to play can occur.

Athlete

Date



Athlete
Please print name

Rev. 01.13

Parent/Guardian
Signature

Date

Parent/Guardian
Please print name

****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](#).

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.

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

- 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 (MD or DO) 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>

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

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



For Athletes Participating in School Sports (Interscholastic Athletics):

1. Starting April 26th, 2013, parents and athletes are required to sign and submit a concussion information sheet for each school year for each sport.
2. Coaches and referees 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 student athlete **cannot** return to play on the same day that the student is removed.
4. The student 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 school district.

PLEASE NOTE: 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

Centers for Disease Control and Prevention – Returning to School after a Concussion:
www.cdc.gov/concussion/HeadsUp/schools.html