

Ohio Concussion Law 2013

Ohio's Concussion Law (HB 143) went into effect on April 26, 2013 and affects all athletes involved in Youth Sports Organizations (nineteen or younger) at all levels (pee wee, club, public, private).

Three key elements to the law

- 1) Preseason education on the signs & symptoms of concussion. Parents & athletes are required to read The Ohio Department of Health Concussion (ODH) Information sheet, pages 1 & 2 (keep for home records), then sign & date the Acknowledgement form, page 3 (return to organization/school) for *every* sport for *every* season for *every* athlete.
- 2) Any athlete suspected of having a concussion at a game or practice must be removed from play by coaches, referees, officials or athletic trainers. The athlete cannot return to play on the same day that he or she is removed.
- 3) A licensed healthcare professional authorized by the youth organization (preferably M.D., D.O., or athletic trainer) must assess & provide written clearance for athletes to return to play, preferably someone experienced in Concussion Assessment, Management, and Return to Play protocol.

No two concussions are alike so a customized approach is utilized for each athlete. Cognitive & physical rest is critical after the injury incident. The foundation for a quick, safe return to normal activities, academically & athletically, is early recognition, symptom management, recovery monitoring, and gradual return to play when symptom free.

Resources:

Centers for Disease Control and Prevention

General information, www.cdc.gov/concussion

Heads Up in Youth Sports, www.cdc.gov/concussion/HeadsUp/youth.html

Returning to School after Concussion,

www.cdc.gov/concussion/HeadsUp/schools.html

Brain Injury Association of Ohio

www.biaoh.org

The National Federation of State High School Associations

www.nfhs.org

Ohio Department of Health

www.healthyohioprogram.org/vipp/injury.aspx