

All coaches in the Dublin Charity Cup must comply with Ohio law regarding concussion awareness training. (Additional information included in tournament rules)

Ohio's Return-to-Play Law: What Coaches & Referees Need to Know - Youth Sports Organizations

(Non-school sports)

Effective April 26th, 2013



Training In Recognizing the Signs and Symptoms of a Concussion

Starting April 26th, 2013, individuals are not allowed to serve as a coach or referee for a youth sports organization, whether volunteer or paid, without:

- successfully completing, every three years, an online training program in recognizing the signs and symptoms of concussions and head injuries provided by the Ohio Department of Health

Please go to the National Federation of State High School Associations website to complete the FREE, 30-minute online training at:

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>.

You will need to complete a brief registration form to take the course.

Once registered, select the Concussion in Sports course.

When you've completed and passed the course, you have the option of printing a certificate of completion.

Provide a copy of the certificate of completion to the Dublin Charity Cup. Thank you.

Removal From and Return to Play

1) Starting April 26th, 2013, coaches, referees, or officials 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 youth sports organization. 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:

<http://www.healthy.ohio.gov/vipp/concussion>

Centers for Disease Control and Prevention - Head's 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>