



OHIO SOUTH YOUTH SOCCER ASSOCIATION

25 WHITNEY DR. STE #104 • MILFORD, OH 45150 • 513-576-9555

@ohiosouthsoccer / Ohio South Youth Soccer Association / @ohiosouthsoccer



GENERAL “RETURN TO PLAY” LAW INFORMATION FOR LEAGUES AND COACHES

Leagues are responsible for implementing a protocol to ensure (1) that each league coach is trained as required by the law; (2) that the coaches understand and abide by the Return to Play law; and (3) that each athlete’s parent or guardian is provided the required informational sheet at the beginning of each season.

Training for Coaches

All coaches, regardless of age or paid or volunteer status, must complete, every three years, an online training program recognizing the signs and symptoms of concussions and head injuries provided by the Department of Health. Alternatively, the individual may hold a Pupil Activity Permit (“PAP”) issued by the Ohio Department of Education. PAPs are typically held by individuals who also coach at a school and have registration and certification requirements also.

Leagues must track and verify each coach’s compliance with the training required by the new state law. Two different online trainings are available, and both take about 20 minutes to complete:

CDC Video: This option does not require registration. If you choose to complete this video, you must submit the certificate of completion to your league.

http://www.cdc.gov/concussion/HeadsUp/online_training.html

NFHS video: This option requires registration with the NFHS. The NFHS training also allows the leagues to check the website and verify that you completed the training.

<https://nfhslearn.com/courses/61151/concussion-in-sports>

Leagues must collect and maintain completion certificates to verify completion.

Removal From and Return to Play: Three Key Rules for Coaches and Referees

Ohio’s Return to Play law features three key rules that its leagues, coaches, referees, officials, and athletes and their families must abide by:

Rule One: Coaches, referees, or officials **must** remove from play an athlete exhibiting the signs and symptoms of a concussion during practice or a game. (See O.R.C. 3707.511 (D)(1).)

Rule Two: The athlete cannot return to play on the same day that he or she is removed after exhibiting symptoms of a concussion. (See O.R.C. 3707.511 (E)(1).)





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Rule Three: The athlete is not permitted to return to play until he or she has been assessed by a physician or licensed health care provider approved by the youth sports organization and received written clearance. (See O.R.C. 3707.511 (E)(1).) Upon OSYSA's request, leagues must be able to produce evidence of compliance with this obligation, which may require the league to retain the written clearance form and/or otherwise demonstrate that the league verified that the athlete was cleared to return to play.

The signs and symptoms of a concussion during practice or a game, include, but are not limited to, **any** of the following:

- The player appears dazed or stunned.
- The player is confused about assignment or position.
- The player forgets plays.
- The player is unsure of game, score or opponent.
- The player moves clumsily.
- The player answers questions slowly.
- The player loses consciousness (even briefly).
- The player shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
- The player can't recall events before or after hit or fall.
- The player experiences any headache or "pressure" in head (regardless of severity).
- The player feels nauseous or vomits.
- The player experiences balance problems or dizziness.
- The player complains of double or blurry vision.
- The player complains of sensitivity to light and/or noise.
- Feeling sluggish, hazy, foggy or groggy.
- The player complains of concentration or memory problems.
- The player displays or complains of confusion
- The player does not "feel right."
- The player has trouble falling asleep.
- The player is sleeping more or less than usual.

OSYSA recommends that leagues provide coaches with a reference tool that includes these symptoms. The CDC has created such a tool that leagues may consider, which can be found on the CDC website and has also been included as **Attachment A**.

Once the athlete has been cleared to return to play, his or her physician may also implement a training regiment to slowly return the athlete to full activity. If the athlete was diagnosed with a concussion and the physician has not implemented a training regiment, OSYSA recommends that the league ask the athlete to obtain such a regiment from his or her physician.





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OSYSA recommends that leagues implement a standard for notifying parents /guardians that the athlete was removed from play due to a suspected concussion. An example of a form is included as Attachment B. This is not an obligation imposed under the Return to Play law. Each league should implement a policy for the collection and maintenance of these records.

Information for Parents/Guardians

All of OSYSA's member leagues are responsible to provide a Youth Sports Concussion Information Sheet, supplied by the Ohio Department of Health, to the parent or other guardian of each athlete who wishes to practice for or compete in the league. (*See* O.R.C. 3707.511 (B)). This information must be provided yearly. Upon OSYSA's request, leagues must be able to produce evidence of compliance with this obligation.

OSYSA recommends that the league provide this information in the registration packets provided to all potential athletes. If the league certifies that a copy of the information sheet was contained in the registration packets provided to all potential athletes, OSYSA will consider this sufficient proof of compliance with this requirement. The information sheet is available on the Ohio Department of Health website and is included as **Attachment C**.



UNDER ARMOUR



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MEMBER

ATTACHMENT A



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ATTACHMENT B



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ATTACHMENT C



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