

Concussion Training

Information For Leagues and Parents/Guardians

All of OYSAN member clubs/leagues are responsible to provide a **HARD COPY** of the 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. This information must be provided yearly. Upon OYSAN's request, leagues must be able to produce evidence of compliance with this obligation.

-[Youth Sports Concussion Information Sheet](#)

Parents/Guardians:

Please be advised that a player who has been suspected of a concussion **may not return to play** until they are provided a **written clearance** that it is safe for the individual to return to practice or competition from a *licensed physician* or a *licensed healthcare provider*. OYSAN has provided a document that you may present to your physician to complete:

-[Return-to-Play Doctor Verification Letter](#)

Concussion Education

To protect youth athletes, the State of Ohio has passed a concussion law, Bill 143. This bill is also known as the "Return to Play" law. This law, similar to the laws enacted in most other states, enforces training, safety, and awareness requirements on youth sports organizations, such as OYSAN, and its leagues, tournaments, coaches, referees, officials, and athletes and their families.

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. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

OYSAN is giving the following expectations to its leagues, coaches, referees, officials, and athletes and their parents.

Training Requirements

All of OYSAN's member leagues and tournaments are responsible to monitor and track their coaches' compliance with the concussion training requirements of the Return to Play law. Each coach must participate in a certified concussion training course prior to April 26, 2013 or obtain a Pupil Activity Permit from the Ohio Department of Education. The training must be renewed every three years. Leagues and tournaments must collect and maintain certificates of compliance from the coaches and may ask for evidence of compliance. At any time, OYSAN may request evidence of compliance with the training requirements and leagues must be able to produce confirmation for each coach.

All referees for OYSAN member league events and OYSAN-sponsored events must also be able to demonstrate that they have complied with the training requirements of Bill 143. Each referee must

receive concussion training prior to April 26, 2013, and that training must be renewed every three years. Upon OYSAN's request, referees must be able to produce evidence of compliance with the training requirement.

There are FREE approved online training courses available. **OYSAN mandates that members use the National Federation of State High School Associations (NFHS)**. The NFHS requires a user to login but allows leagues to track coaches' progress and allows coaches to log in and print their certification should they require a new certificate or provide OYSAN with proof of compliance.

[NFHS Video Training Site](#)

Coaches responsibility

In conjunction with completing the above training course or obtaining a Pupil Activity Permit, you must carry the following items while at practice or competitions:

-[Youth Sports Concussion Information Sheet](#)

-[Possible Concussion Notification Form](#) (updated 3.19.13)

-[Certificate of Completion of Concussion Training from the NFHS course](#) or Pupil Activity Permit issued by the Ohio Department of Education

Referee/Official Training

OYSAN mandates that all Referees and Officials complete the above NFHS course. Referees should have a copy of their certificate on them at all time for proof of compliance. Referees should be able to send a copy of their certificate to referee assignors and to the league upon requesting this information at any time. More so, referee assignors shall not assign any referee to an OYSAN-sanctioned game or event without proof from the referee of their compliance to the concussion education.

Other Important Information and Forms

-<http://www.healthyohioprogram.org/concussion.aspx>

-[Ohio Department of Health, Violence and Injury Prevention Program - Sports/Recreation Traumatic Brain Injuries](#)

-[Ohio Legislative Service Commission HB 143 Bill Analysis](#)

-[Ohio's Return to Play Law: What Parent/Guardians Need to Know - Youth Sports](#)

-[Ohio's Return to Play Law: What Coaches and Referees Need to Know - Youth Sports](#)