Ohio High School Athletic Association

PREPARTICIPATION PHYSICAL EVALUATION 2019-2020

HISTORY FORM

(Note: This form is to be filled out by the student and parent prior to seeing the medical examiner.)

Date of Exam ________________________________

Name ____________________________________________

Age _______ Grade _______ School ____________________________

Sex _______ Sport(s) ________________________________

Address ____________________________________________

Emergency Contact: ____________________________________________

Phone (H) _______ (W) _______ (Cell) _______ (Email) ____________________________

Medicines and Allergies: Please list the prescription and over-the-counter medicines and supplements (herbal and nutritional—including energy drinks/protein supplements) that you are currently taking:

_________________________________________________________________________

Do you have any allergies? □ Yes □ No. If yes, please identify specific allergy below:

□ Medicines □ Pollens □ Food □ Sting Insects

Explain “Yes” answers below. Circle questions you don’t know the answers to:

GENERAL QUESTIONS

1. Has a doctor ever denied or restricted your participation in sports for any reason? _______Yes _______ No

2. Do you have any ongoing medical conditions? If so, please identify below: Asthma Anemia Diabetes Infections Other: ____________________________

3. Have you ever spent the night in the hospital? _______Yes _______ No

4. Have you ever had surgery? _______Yes _______ No

HEART HEALTH QUESTIONS ABOUT YOU

5. Have you ever passed out or nearly passed out during or after exercise? _______Yes _______ No

6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? _______Yes _______ No

7. Does your heart ever race or skip beats (irregular beats) during exercise? _______Yes _______ No

8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: □ High blood pressure □ A heart murmur

□ High cholesterol □ A heart infection

□ Kawasaki disease □ Other: ________________________________________________

9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram) _______Yes _______ No

10. Do you or someone in your family have sickle cell trait or disease? _______Yes _______ No

11. Have you ever had an unexplained seizure? _______Yes _______ No

12. Do you get more tired or short of breath than expected during exercise? _______Yes _______ No

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY

13. Has any family member or relative died of heart problems or had an unexplained unexpected sudden death before age 50? _______Yes _______ No

14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia? _______Yes _______ No

15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator? _______Yes _______ No

16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning? _______Yes _______ No

BONE AND JOINT QUESTIONS

17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or game? _______Yes _______ No

18. Have you ever had any broken or fractured bones or dislocated joints? _______Yes _______ No

19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches? _______Yes _______ No

20. Have you ever had a stress fracture? _______Yes _______ No

21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfish) _______Yes _______ No

MEDICAL QUESTIONS

22. Do you regularly use a brace, orthotics, or other assistive device? _______Yes _______ No

23. Do you have a bone, muscle, or joint injury that bothers you? _______Yes _______ No

24. Do any of your joints become painful, swollen, feel warm, or look red? _______Yes _______ No

25. Have you ever had a history of juvenile arthritis or connective tissue disease? _______Yes _______ No

26. Do you cough, wheeze, or have difficulty breathing during or after exercise? _______Yes _______ No

27. Have you ever used an inhaler or taken asthma medicine? _______Yes _______ No

28. Is there anyone in your family who has asthma? _______Yes _______ No

29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ? _______Yes _______ No

30. Do you have groin pain or a painful bulge or herna in the groin area? _______Yes _______ No

31. Have you had infectious mononucleosis (mono) within the past month? _______Yes _______ No

32. Do you have any rashes, pressure sores, or other skin problems? _______Yes _______ No

33. Have you had a herpes (cold sores) or MRSA (staph) skin infection? _______Yes _______ No

34. Have you ever had a head injury or concussion? _______Yes _______ No

35. Have you ever had a hit or blow to the head that caused confusion, prolonged headaches, or memory problems? _______Yes _______ No

36. Do you have a history of seizure disorder or epilepsy? _______Yes _______ No

37. Do you have headaches with exercise? _______Yes _______ No

38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? _______Yes _______ No

39. Have you ever been unable to move your arms or legs after being hit or falling? _______Yes _______ No

40. Have you ever become ill while exercising in the heat? _______Yes _______ No

41. Do you get frequent muscle cramps when exercising? _______Yes _______ No

42. Do you or someone in your family have sickle cell trait or disease? _______Yes _______ No

43. Have you had any problems with your eyes or vision? _______Yes _______ No

44. Have you had an eye injury? _______Yes _______ No

45. Do you wear glasses or contact lenses? _______Yes _______ No

46. Do you wear protective eyewear, such as goggles or a face shield? _______Yes _______ No

47. Do you worry about your weight? _______Yes _______ No

48. Are you trying to gain or lose weight? Has anyone recommended that you do? _______Yes _______ No

49. Are you on a special diet or do you avoid certain types of foods? _______Yes _______ No

50. Have you ever had an eating disorder? _______Yes _______ No

51. Do you have any concerns that you would like to discuss with a doctor? _______Yes _______ No

52. Have you ever had a menstrual period? _______Yes _______ No

53. Have you ever had a menstrual period? _______Yes _______ No

54. How old were you when you had your first menstrual period? _______Yes _______ No

55. Have you ever passed out or nearly passed out during DURING OR AFTER exercise? _______Yes _______ No

56. Have you had an eye injury? _______Yes _______ No

57. Do you or someone in your family have sickle cell trait or disease? _______Yes _______ No

58. Have you had any problems with your eyes or vision? _______Yes _______ No

59. Have you had an eye injury? _______Yes _______ No

60. Do you wear glasses or contact lenses? _______Yes _______ No

61. Do you wear protective eyewear, such as goggles or a face shield? _______Yes _______ No

62. Do you worry about your weight? _______Yes _______ No

63. Are you trying to gain or lose weight? Has anyone recommended that you do? _______Yes _______ No

64. Are you on a special diet or do you avoid certain types of foods? _______Yes _______ No

65. Have you ever had an eating disorder? _______Yes _______ No

66. Do you have any concerns that you would like to discuss with a doctor? _______Yes _______ No

FEMALES ONLY

52. Have you ever had a menstrual period? _______Yes _______ No

53. How old were you when you had your first menstrual period? _______Yes _______ No

54. How many periods have you had in the last 12 months? _______Yes _______ No

Explain “yes” answers here

_________________________________________________________________________

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Student ____________________________

Signature of parent/guardian ____________________________

Date ____________________________

The student has family insurance: □ Yes □ No. If yes, family insurance company name and policy number:

_________________________________________________________________________

**Preparticipation Physical Evaluation 2019-2020**

**Ohio High School Athletic Association**

**The Athlete with Special Needs - Suppemental History Form**

Please complete only if your student has special needs or a disability.

<table>
<thead>
<tr>
<th>Date of Exam</th>
<th>Name</th>
<th>Age</th>
<th>Grade</th>
<th>School</th>
<th>Sport(s)</th>
</tr>
</thead>
</table>

1. Type of disability
2. Date of disability
3. Classification (if available)
4. Cause of disability (birth, disease, accident/trauma, other)
5. List the sports you are interested in playing

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>6. Do you regularly use a brace, assistive device or prosthetic?</td>
<td></td>
</tr>
<tr>
<td>7. Do you use a special brace or assistive device for sports?</td>
<td></td>
</tr>
<tr>
<td>8. Do you have any rashes, pressure sores, or any other skin problems?</td>
<td></td>
</tr>
<tr>
<td>9. Do you have a hearing loss? Do you use a hearing aid?</td>
<td></td>
</tr>
<tr>
<td>10. Do you have a visual impairment?</td>
<td></td>
</tr>
<tr>
<td>11. Do you have any special devices for bowel or bladder function?</td>
<td></td>
</tr>
<tr>
<td>12. Do you have burning or discomfort when urinating?</td>
<td></td>
</tr>
<tr>
<td>13. Have you had autonomic dysreflexia?</td>
<td></td>
</tr>
<tr>
<td>14. Have you ever been diagnosed with a heat related (hyperthermia) or cold-related (hypothermia) illness?</td>
<td></td>
</tr>
<tr>
<td>15. Do you have muscle spasticity?</td>
<td></td>
</tr>
<tr>
<td>16. Do you have frequent seizures that cannot be controlled by medication?</td>
<td></td>
</tr>
</tbody>
</table>

Explain "yes" answers here

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

Please indicate if you have ever had any of the following.

<table>
<thead>
<tr>
<th>Atlantoaxial instability</th>
<th>X-ray evaluation for atlantoaxial instability</th>
<th>Dislocated joints (more than one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy bleeding</td>
<td>Enlarged spleen</td>
<td>Hepatitis</td>
</tr>
<tr>
<td>Osteopenia or osteoporosiosis</td>
<td>Difficulty controlling bowel</td>
<td>Difficulty controlling bladder</td>
</tr>
<tr>
<td>Numbness or tingling in arms or hands</td>
<td>Numbness or tingling in legs or feet</td>
<td>Weakness in arms or hands</td>
</tr>
<tr>
<td>Weakness in legs or feet</td>
<td>Recent change in coordination</td>
<td>Recent change in ability to walk</td>
</tr>
<tr>
<td>Spina bifida</td>
<td>Latex allergy</td>
<td></td>
</tr>
</tbody>
</table>

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Student ____________________ Signature of parent/guardian ____________________ Date: ____________________

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### PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues.
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet or use condoms?
   - Do you consume energy drinks?

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14).

### PHYSICAL EXAMINATION FORM

<table>
<thead>
<tr>
<th>Examination</th>
<th>Date of Examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>Weight</td>
</tr>
<tr>
<td>BP</td>
<td>( / )</td>
</tr>
<tr>
<td>Pulse</td>
<td>Vision R 20/</td>
</tr>
<tr>
<td>L20/</td>
<td>Corrected</td>
</tr>
</tbody>
</table>

#### MEDICAL FINDINGS

- **NORMAL**
- **ABNORMAL FINDINGS**

| **Appearance** | Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) |
| **Eyes/ears/nose/throat** | Pupils equal |
| **Hearing** | |
| **Lymph nodes** | |
| **Heart** | Murmurs (auscultation standing, supine, +/- Valsalva) |
| | Location of the point of maximal impulse (PMI) |
| **Pulses** | Simultaneous femoral and radial pulses |
| **Lungs** | |
| **Abdomen** | |
| **Genitourinary (males only)** | |
| **Skin** | HSV, lesions suggestive of MRSA, tinea corporis |
| **Neurologic** | |

#### MUSCULOSKELETAL

- **Neck**
- **Back**
- **Shoulder/arm**
- **Elbow/forearm**
- **Wrist/hand/fingers**
- **Hip/thigh**
- **Knee**
- **Leg/ankle**
- **Foot/toes**
- **Functional**
  - Duck walk, single leg hop

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**CLEARANCE FORM**

Note: Authorization forms (pages 5 and 6) must be signed by both the parent/guardian and the student.

<table>
<thead>
<tr>
<th>Name</th>
<th>Sex</th>
<th>M</th>
<th>F</th>
<th>Age</th>
<th>Date of birth</th>
</tr>
</thead>
</table>

- ☐ Cleared for all sports without restriction
- ☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for ____________________________

- ☐ Not Cleared
  - ☐ Pending further evaluation
  - ☐ For any sports
  - ☐ For certain sports ____________________________

**Recommendations**

__________________________________________________________

__________________________________________________________

__________________________________________________________

I have examined the above-named student and completed the pre-participation physical evaluation. The student does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. In the event that the examination is conducted en masse at the school, the school administrator shall retain a copy of the PPE. If conditions arise after the student has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician or medical examiner (print/type) ____________________________ Date of Exam ____________________________

Address __________________________________________________________ Phone ____________________________

Signature of physician/medical examiner ________________________________________________, MD, DO, D.C., P.A. or A.N.P.

**EMERGENCY INFORMATION**

Personal Physician ____________________________ Phone ____________________________

In case of Emergency, contact ____________________________ Phone ____________________________

Allergies

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

Other Information

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

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OHSAA AUTHORIZATION FORM  2019-2020

I hereby authorize the release and disclosure of the personal health information of _______________________________ ("Student"), as described below, to ___________________________________ ("School").

The information described below may be released to the School principal or assistant principal, athletic director, coach, athletic trainer, physical education teacher, school nurse or other member of the School's administrative staff as necessary to evaluate the Student's eligibility to participate in school sponsored activities, including but not limited to interscholastic sports programs, physical education classes or other classroom activities.

Personal health information of the Student which may be released and disclosed includes records of physical examinations performed to determine the Student's eligibility to participate in school sponsored activities, including but not limited to the Pre-participation Evaluation form or other similar document required by the School prior to determining eligibility of the Student to participate in classroom or other School sponsored activities; records of the evaluation, diagnosis and treatment of injuries which the Student incurred while engaging in school sponsored activities, including but not limited to practice sessions, training and competition; and other records as necessary to determine the Student's physical fitness to participate in school sponsored activities.

The personal health information described above may be released or disclosed to the School by the Student's personal physician or physicians; a physician or other health care professional retained by the School to perform physical examinations to determine the Student's eligibility to participate in certain school sponsored activities or to provide treatment to students injured while participating in such activities, whether or not such physicians or other health care professionals are paid for their services or volunteer their time to the School; or any other EMT, hospital, physician or other health care professional who evaluates, diagnoses or treats an injury or other condition incurred by the student while participating in school sponsored activities.

I understand that the School has requested this authorization to release or disclose the personal health information described above to make certain decisions about the Student's health and ability to participate in certain school sponsored and classroom activities, and that the School is a not a health care provider or health plan covered by federal HIPAA privacy regulations, and the information described below may be redisclosed and may not continue to be protected by the federal HIPAA privacy regulations. I also understand that the School is covered under the federal regulations that govern the privacy of educational records, and that the personal health information disclosed under this authorization may be protected by those regulations.

I also understand that health care providers and health plans may not condition the provision of treatment or payment on the signing of this authorization; however, the Student's participation in certain school sponsored activities may be conditioned on the signing of this authorization.

I understand that I may revoke this authorization in writing at any time, except to the extent that action has been taken by a health care provider in reliance on this authorization, by sending a written revocation to the school principal (or designee) whose name and address appears below.

Name of Principal: ______________________________________

School Address: ______________________________________

This authorization will expire when the student is no longer enrolled as a student at the school.

NOTE: IF THE STUDENT IS UNDER 18 YEARS OF AGE, THIS AUTHORIZATION MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN TO BE VALID. IF THE STUDENT IS 18 YEARS OF AGE OR OVER, THE STUDENT MUST SIGN THIS AUTHORIZATION PERSONALLY.

Student's Signature _____________________________  Birth date of Student, including year ________________

Name of Student's personal representative, if applicable

I am the Student's (check one):     _______ Parent    _______ Legal Guardian (documentation must be provided)

Signature of Student's personal representative, if applicable _____________________________  Date __________

A copy of this signed form has been provided to the student or his/her personal representative
I have read, understand and acknowledge receipt of the OHSAA Student Eligibility Guide and Checklist [https://www.ohsaa.org/Portals/0/Eligibility/OtherEligibilityDocs/EligibilityGuideHS.pdf], which contains a summary of the eligibility rules of the Ohio High School Athletic Association. I understand that a copy of the OHSAA Handbook is on file with the principal and athletic administrator and that I may review it, in its entirety, if I so choose. All OHSAA bylaws and regulations from the Handbook are also posted on the OHSAA website at ohsaa.org.

I understand that an OHSAA member school must adhere to all rules and regulations that pertain to the interscholastic athletics programs that the school sponsors, but that local rules may be more stringent than OHSAA rules.

I understand that participation in interscholastic athletics is a privilege not a right.

**Student Code of Responsibility**

As a student athlete, I understand and accept the following responsibilities:

- **I will respect the rights and beliefs** of others and will treat others with courtesy and consideration.
- **I will be fully responsible** for my own actions and the consequences of my actions.
- **I will respect the property** of others.
- **I will respect and obey the rules** of my school and laws of my community, state and country.
- **I will show respect to those who are responsible for enforcing the rules** of my school and the laws of my community, state and country.
- **I understand that a student whose character or conduct violates** the school’s Athletic Code or School Code of Responsibility is not in good standing and is ineligible for a period as determined by the principal.

**Informed Consent** – By its nature, participation in interscholastic athletics includes risk of injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily. PARENTS, GUARDIANS OR STUDENTS WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. STUDENTS MAY NOT PARTICIPATE IN AN OHSAA-SPONSORED SPORT WITHOUT THE STUDENT’S AND PARENT’S/GUARDIAN’S SIGNATURE.

I understand that in the case of injury or illness requiring treatment by medical personnel and transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the student-athlete being a minor, but that, if necessary, the student-athlete will be treated and transported via ambulance to the nearest hospital.

I consent to medical treatment for the student following an injury or illness suffered during practice and/or a contest.

To enable the OHSAA to determine whether the herein named student is eligible to participate in interscholastic athletics in an OHSAA member school I consent to the release to the OHSAA any and all portions of school record files, beginning with seventh grade, of the herein named student, specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, academic work completed, grades received and attendance data.

I consent to the OHSAA’s use of the herein named student’s name, likeness, and athletic-related information in reports of contests, promotional literature of the Association and other materials and releases related to interscholastic athletics.

I understand that if I drop a class, take course work through College Credit Plus, Credit Flexibility or other educational options, this action could affect compliance with OHSAA academic standards and my eligibility. I accept full responsibility for compliance with Bylaw 4-4-1, Scholarship, and the passing five credit standard expressed therein.

I understand all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Further I understand that if my student is removed from a practice or competition due to a suspected concussion, he or she will be unable to return to participation that day. After that day written authorization from a physician (M.D. or D.O.) or an athletic trainer working under the supervision of a physician will be required in order for the student to return to participation.

I have read and signed the Ohio Department of Health’s Concussion Information Sheet and have retained a copy for myself.

By signing this we acknowledge that we have read the above information and that we consent to the herein named student’s participation.

*Must Be Signed Before Physical Examination*

<table>
<thead>
<tr>
<th>Student’s Signature</th>
<th>Birth date</th>
<th>Grade in School</th>
<th>Date</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Parent’s or Guardian’s Signature</th>
<th>Date</th>
</tr>
</thead>
</table>
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.

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 healthcare 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.

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!

Ohio Department of Health Concussion Information Sheet
For Interscholastic Athletics

http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion

Rev. 09.16
Returning to Daily Activities

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 Learn (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.
5. For more information, please refer to Return to Learn on the ODH website.

Resources

ODH Violence and Injury Prevention Program
http://www.healthy.ohio.gov/vipp/child/returntoplay/

Centers for Disease Control and Prevention
http://www.cdc.gov/headsup/basics/index.htm

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. Starting 4/26/13, 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. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child’s injury and symptoms.
5. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

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.

http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion

Rev. 09.16
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 healthcare provider.

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

________________________________________________________________________
Athlete                                                   Date

________________________________________________________________________
Athlete  Please Print Name

________________________________________________________________________
Parent/Guardian                                          Date
Sudden Cardiac Arrest and Lindsay’s Law

Parent/Athlete Signature Form

What is Lindsay’s Law? Lindsay’s Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay’s law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician’s assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

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Parent/Guardian Signature                      Student Signature
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Parent/Guardian Name (Print)                  Student Name (Print)
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Date                                           Date