

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 _____

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 programs.

Which youth athletic activities are included in Lindsay's Law? Athletics at all schools in Ohio, 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, and 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, 3) a situation such as a person who is hit in the chest or gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before the 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 for 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 beat.

What happens if an athlete experiences syncope or fainting before, during or after 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.

Parent/Guardian Signature _____ Student Signature _____

Parent/Guardian Name _____ Student Name _____

Date _____ Date _____