R.E.C. KIDS Camp
Recreation Enriches Children
2015-16 Parent/Guardian Guide
Dear R.E.C. Kids Families,

We would like to personally thank each of you for your participation and loyalty to the R.E.C. Kids Camp program as we enter our 9th summer. Our continued success is all thanks to our wonderful families.

We are committed to providing your child with a quality, safe, well-rounded recreation experience. This year, we are incredibly excited about new camp features for this coming summer including Wacky Wednesday dress-up days, a summer-long counselor challenge, an express pick-up option, improved newsletters, improved communication with parents/guardians, and much more!

We look forward to meeting each of you this upcoming camp year. If you have any questions, comments, or concerns, please do not hesitate to contact us.

Sincerely,

Drew Salvador
Asst. Director - IM Sports & Camps
513-556-0603
drew.salvador@uc.edu

Phil Carroll
Coordinator - IM Sports & Camps
513-556-5729
philip.carroll@uc.edu

Bob Weeks
Coordinator - Aquatics & Camps
513-556-0671
robert.weeks@uc.edu

campus recreation
uc.edu/campusrec
CAMP INFORMATION

Mission
Our mission is to provide your child with an exciting, well-rounded recreation experience. R.E.C. Kids Camp is structured to emphasize your child’s development and education while promoting healthy lifestyles among school-aged children.

Contact Information

Contacting Your Child during Camp
If you have an emergency and need to contact your child during the camp, call the Member Services Desk at 513-556-0604. We will get the message to your child as promptly as possible.

Contacting the Assistant Director or Coordinator of Camps
If the Assistant Director or Coordinator of Camps is unavailable, please leave a message and we will get back to you as soon as possible.

513-556-0604  Member Services (Front Desk)
513-556-0601  Fax Number
reckids@uc.edu  Main R.E.C. Kids E-mail Address

R.E.C. Kids Camp
UC Campus Recreation Center
2820 Bearcat Way
PO Box 210017
Cincinnati, OH 45221-0017

513-556-0603  Drew Salvador
drew.salvador@uc.edu  Assistant Director of Intramural Sports & Camps

513-556-5729  Phil Carroll
philip.carroll@uc.edu  Coordinator of Intramural Sports & Camps

513-556-0671  Bob Weeks
robert.weeks@uc.edu  Coordinator of Aquatics & Camps

Staff
Camp is under the supervision of recreation professional staff members and counselors. All counselors are either high school or college students. Each staff member is first aid/CPR/AED certified, belay certified, and concussion recognition certified. All camp staff go through at least two rounds of interviews, reference checks, an annual sex offender registry check, and must pass Ohio Criminal Background Checks.
History fingerprint and FBI national background checks. The camper-to-staff ratio is never more than 9:1.

Other topics included in staff training include (but are not limited to): bullying prevention & recognition, child development, special needs accommodations, sensitive subjects, discipline, conflict resolution, communicable diseases, supervision standards, child abuse recognition and reporting, and active listening.

REGISTRATION

Fees

<table>
<thead>
<tr>
<th></th>
<th>Member of Campus Recreation*</th>
<th>Non-Member of Campus Recreation</th>
<th>Discounts Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>President’s Day Club</td>
<td>$35/child</td>
<td>$45/child</td>
<td></td>
</tr>
<tr>
<td>Winter Break Camp</td>
<td>varies (see website)</td>
<td>varies (see website)</td>
<td></td>
</tr>
<tr>
<td>Spring Break Camp</td>
<td>$170/child</td>
<td>$200/child</td>
<td></td>
</tr>
<tr>
<td>Summer Camp</td>
<td>$170/child**</td>
<td>$200/child**</td>
<td>10% additional siblings (after 1st child)</td>
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</table>

*To qualify for the member rate, the parent or guardian must already possess or purchase a UC CRC membership at the time of camp registration. The shortest membership we will accept for a family to receive the member rate is a three (3) month membership.

**The week of July 4th features fees of $136/child for members and $160/child for non-members due to the four-day week.

President’s Day/Winter Break/Spring Break Discounts

Currently, we do not offer any discounts on registration besides the member rate for these events.

Summer Camp Discounts

After the first child, all additional siblings receive a 10% discount on the cost of summer camp registration. Siblings must be registered in the same summer camp week to receive the discount. University of Cincinnati employees, students, and affiliates do not receive a discount on camp registration. However, these categories qualify on a discount for Campus Recreation Center membership. For more information, please visit our membership website.

Summer Camp Deposits

At the time of summer camp registration, parents/guardians may elect to pay the entire balance or just the deposits. A non-refundable $20 deposit per child, per week will reserve a camper’s spot. The deposit will be deducted from the total camp fees.
Financial Assistance/Vouchers
Unfortunately at this time, R.E.C. Kids Camp does not offer financial assistance or accept Hamilton County vouchers.

Registration Procedure
Parents/guardians may enroll their child(ren) until all sessions are filled. Reservations are accepted on a first-come, first-serve basis. R.E.C. Kids Camp reserves the right to cancel reservations for non-payment or children that pose disciplinary problems in camp.

Forms to Submit
Parents are highly encouraged to call the front desk (513-556-0604) to check program availability prior to filling out any forms. All forms can be found on our [website](https://www.urec.uc.edu). **Campers with incomplete or missing forms will not be permitted to participate in R.E.C. Kids Camp.** Forms include:
- Camp Registration Form
- Medical Waiver
- Climbing Wall Waiver
- Payment/Refund Policy Form
In addition, parents with children who will need camp staff to administer medications during camp hours must submit a [medication authorization form](https://www.urec.uc.edu). Please call us at 513-556-0603 or 513-556-5729 so we may ensure that we can accommodate your child’s medication administration. Late enrollments require that all paperwork and forms be completed prior to the child’s participation in the program. **All forms are due two weeks prior to the first day of the camp session/program.**

How to Register
You may register for camp in one of two ways:

Payment by phone:

<table>
<thead>
<tr>
<th></th>
<th>Contact us:</th>
<th>Weekdays 9am-5pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Drew Salvador 513-556-0603</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Phil Carroll 513-556-5729</td>
</tr>
<tr>
<td></td>
<td>All other hours while building is open</td>
<td>Front Desk 513-556-0604</td>
</tr>
</tbody>
</table>

2 We will prompt you for the following information:
- Child’s Name and DOB
- Parent’s/Guardian’s Name, Phone, E-mail, Zip code
- Credit Card Information (Visa, AMEX, Mastercard, Discover)
- Which program(s)/week(s) of camp you are interested in

3 We will send a confirmation e-mail which includes:
- Your receipt
- Link to the forms (If you have not submitted them yet)
- Link to the online parent’s guide
- Remaining Balances Due (Summer only)

4 If you haven’t done so already, submit completed forms at least two (2) weeks prior to the start of the program/session:
Payment in person:

1. Visit the front desk during normal business hours and pay using:
   - Cash
   - Check (make out to “University of Cincinnati”)
   - Debit/Credit (Visa, AMEX, Mastercard, Discover)
   - Bearcat Card

2. Either fill the forms out in person or take them home with you.

3. We will send a confirmation e-mail which includes:
   - Your receipt
   - Link to the forms (If you have not submitted them yet)
   - Link to the online parent’s guide

4. If you haven’t done so already, submit completed forms at least two (2) weeks prior to the start of the program/session:

   Fax: 513-556-0601
   E-mail: reckids@uc.edu
   Mailing Address: R.E.C. Kids Camp/Campus Recreation Center
                  2820 Bearcat Way
                  PO Box 210017
                  Cincinnati, OH 45221-0017
   UC Internal Mail: Mailing Location: 0017

Payment Policies

Summer Camp

All balance payments for summer camp are due two (2) weeks prior to the first day of the camp week. All payments must be received before your child may participate in the program.

Summer Camp Late or Missing Payments

R.E.C. Kids Camp will send reminder e-mails for outstanding payments closer to each camp week. Following the payment due date, families with missing payments may result in forfeiture of the reservation. Late payments received will be assessed a $10 fee per child, per week.

Waitlist Procedures

Summer camp enrollment fills quickly, and unfortunately we will not be able to offer immediate enrollment after this point. As a result, prospective campers may be placed on the waitlist. Each week of camp is a separate waitlist. If a camper is placed on a waitlist:

- A deposit or payment is not required at the time.
• The parent or guardian will still need to provide relevant information (Parent name/e-mail/phone number and camper name/DOB/gender).
• If a spot opens up, the Assistant Director or Coordinator of Camps will contact the family by phone. In order to be respectful of others on the waitlist, a family will have two business days to make a decision whether or not to accept the spot.
  ◦ Should a parent/guardian be contacted on the Thursday prior to the camp week, he or she will have until Friday at 4pm to decide.
• If you find other care for the summer, please call us at 513-556-0604 to remove your camper from the waitlist(s); it would be greatly appreciated.

Summer Camp Automatic Payments Form (Optional)
Parents/guardians may elect to sign up for automatic payments for summer camp via credit card. To sign up for this service:
1. Fill out the form located here and submit via fax, mail, or e-mail at least two (2) weeks in advance of the first week. Do NOT place credit card information on the form.
2. Around the time of submission, call the Assistant Director (513-556-0603) or Coordinator (513-556-5729) to place your credit card on file.
3. Your credit card will be charged the amount due on the dates listed. You will receive a receipt via e-mail.

President’s Day Club, Winter Break Camp, Spring Break Camp
All balance payments for President’s Day Club, Winter Break Camp, and Spring Break Camp are due at the time of registration.

Refunds
Parents requesting a refund 14 days or more prior to the camp week will be given a 100% discount minus the $20 non-refundable deposit. Refunds requested inside of 14 days prior to the camp week will receive a 50% refund. Refunds during the camp week will not be given. For check payments and cash payments over $80, please allow two to four weeks for a refund check to be mailed.

R.E.C. Kids EIN
For those who wish to claim R.E.C. Kids expenses for tax purposes, please use the University of Cincinnati EIN number: 31-6000989.

CAMP POLICIES

Camp Rules
Our camp rules are founded on respect for one another. Please go over these rules with your child prior to his or her first day of camp.
1. Respect campers & staff.
   i. (Be nice, friendly, and helpful to others, keep hands/feet/body to yourself, follow directions & listen).
2. Respect the camp building & property.
i. (No running through the halls, yelling in the locker room, damaging equipment etc.).

3. Be a good sport.
   i. (Shake hands after sports/games, be a humble winner/loser, encourage other players).

4. HAVE FUN!!!

**Camper Eligibility**

R.E.C. Kids programs are available to rising 1st – 8th graders. Physical, emotional, and social maturity vary by age and gender, so campers will be grouped according to their grade. This allows us to provide activities suited to the varying ages of children.

**Valuables**

We request that your child leave all items of sentimental or monetary value at home. The University of Cincinnati and its’ staff will not be held responsible for lost or stolen items.

The following items should be left at home:
- Cell Phones
- Handheld Video Games (i.e. Nintendo DS, PSP, etc.)
- iPods or Other MP3 Players
- Tablets
- Digital Cameras

**Medication**

All medications to be administered by R.E.C. Kids staff must be communicated to the Assistant Director (513-556-0603) or Coordinator of Camps (513-556-5729). A medication authorization form must be filled submitted prior to submitting the medication. If your child’s medication requires special directions, please contact the Assistant Director or Coordinator of Camps to arrange a meeting.

**Accidents and Emergencies**

In the case of an emergency or accident involving your child, you will be contacted following notification of the appropriate emergency personnel. All members of the camp staff have current CPR, AED and First Aid certifications and have also been trained in emergency procedures at all locations. Should the parents/guardians not be available, we will contact the listed emergency contact.

**Concussion Protocol**

Starting April 26, 2013, all youth sport organizations are required by new Ohio law (ORC 3707.511) to distribute a concussion information sheet annually (see Appendix A). The informational sheet will be handed to parents/guardians on the first day of their child’s camp.

R.E.C. Kids Camp will follow the following protocol in the event that a concussion is suspected:

1. The camper will be removed from physical activity if he or she exhibits any of symptoms of a concussion during physical activity. Please see Appendix B for those criteria.
2. The parent/guardian will be called after the initial assessment.
3. The camper cannot return to physical activity on the same day that he or she is removed.
4. The camper is not permitted to return to physical activity until they have been assessed and receive written clearance by a physician (MD or DO).

For more information, parents should visit http://www.healthyohioprogram.org/concussion.aspx.

**Illness**

If your child should become ill while at camp, you will be notified immediately. Based on the severity of the illness, we may ask you to pick your child up from camp. We do not have a registered nurse on staff. For the health and well-being of the rest of the children and staff at camp, we ask for your discretion on bringing your child to camp if he/she is ill.

**Other Absences**

In the instance that your child must miss camp for other reasons, please let us know ahead of time. However, keep in mind that we do not offer refunds for days/hours not attended.

**Discipline**

R.E.C. Kids Camp Staff understands that that there will be a time when every camper has a difficult day. First and foremost, we want to quickly resolve any conflicts and keep your child involved in the activities. The R.E.C. Kids Camp Staff will adhere to the follow guidelines and procedures:

- **Step 1: Verbal Warning** - The camper will be notified of his or her behavior and given cues to correct the behavior.

- **Step 2: Time-out** - The camper will sit out of an activity for a pre-determined amount of time. Following the time-out, the staff member will address the situation with the child, give him or her cues to correct the behavior, and communicate further consequences should the child continue the behavior.

- **Step 3: Trip to the Camp Office** - The staff member and the camper will meet with one of the camp administrators to discuss the camper’s behavior and future consequences. The staff member will complete the discipline form, including all past instances of discipline. The discipline form will be given to the parent upon pick-up.

- **Step 4: Camper/Parent/Staff Meeting** – The Assistant Director or Coordinator of Camps will call the parent or guardian of the child and arrange a meeting. The camp staff will complete an additional discipline form which will be reviewed in the meeting along with camper expectations and possible future consequences.

- **Step 5: Suspension/Expulsion** – If behavior persists, the parent will be called to pick up the camper. Suspensions will range from the remainder of a day to multiple days or expulsion.

R.E.C. Kids Camp reserves the right to skip any of these steps depending on the severity of the situation.
THE CAMP DAY

Camp Hours
- Drop-off: Any time between 7:30am-9:00am
- Camp: Monday – Friday 9:00am-4:00pm
- Pick-up: Any time between 4:00pm-5:30pm

Sample Schedule
The following is a sample schedule of our full day clubs and camps. We use this as a general guideline, but events and time may differ depending on the day or group your child is in:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am - 9:00am</td>
<td>Drop Off/Open Activities</td>
</tr>
<tr>
<td>9:00am - 10:15am</td>
<td>Arts &amp; Crafts, Sports, or Themed Activities</td>
</tr>
<tr>
<td>10:15am - 10:30am</td>
<td>Snack</td>
</tr>
<tr>
<td>10:30am - 11:45am</td>
<td>Arts &amp; Crafts, Sports, or Themed Activities</td>
</tr>
<tr>
<td>11:45am - 1:15pm</td>
<td>Lunch/Games</td>
</tr>
<tr>
<td>1:15pm - 1:30pm</td>
<td>Prep for Pool</td>
</tr>
<tr>
<td>1:30pm - 2:30pm</td>
<td>Swim Time</td>
</tr>
<tr>
<td>2:30pm - 2:45pm</td>
<td>Locker Rooms</td>
</tr>
<tr>
<td>2:45pm - 3:00pm</td>
<td>Snack</td>
</tr>
<tr>
<td>3:00pm - 4:00pm</td>
<td>Arts &amp; Crafts or Sports</td>
</tr>
<tr>
<td>4:00pm - 5:30pm</td>
<td>Pick-Up/Open Activities</td>
</tr>
</tbody>
</table>

Equipment to Bring Check List
Please make sure that all items are labeled with your child’s first and last names. R.E.C. Kids Camp will not be held responsible for lost or stolen items.

Clothing and Shoes
Children should come to camp prepared for a full day of activity. For each day, children should have athletic footwear (gym shoes) and appropriate attire for physical activity. We suggest athletic clothes, as the children will be getting plenty of exercise throughout the day.

Lunch/Snacks
Parents must provide lunch every day. R.E.C. Kids Camp provides morning and afternoon snacks and beverages during snack time for each camper. Please make sure that his/her name is on his/her lunch box or bag. Lunches will be refrigerated; however we do not have the ability to heat any lunches. We also make sure campers are getting plenty of fluids by taking water breaks throughout the day. Depending on the group, lunch may be some time between 11:45am and 1:00pm.

Camper’s Daily Checklist
- Athletic Clothing & Shoes
- Lunch
- Swimsuit
- Towel
- Backpack/Bag
**Water Bottle**  
Parents may send a water bottle each day, labeled with your child’s name. Water fountains and water coolers are easily accessible throughout campus and bottles can be refilled when needed.

**Sun Protection**  
For the Fitness and Games component groups may go outside for their activities. For protection from the sun’s rays, we recommend sun block (SPF #15 or higher). We will provide sun block but if your child has sensitive skin you may send your own.

**Swimsuit/Towel**  
All campers will be using the Campus Recreation Center indoor swimming pool and must pack a swimsuit and towel. Campers may bring and use goggles in the pool.

**Gym Bag/Backpack**  
A backpack, gym bag, or book bag is highly recommended for your child’s belongings. Please label the bag (on the outside of the bag) with your child’s name and include all of their necessities (e.g. sunscreen, water bottle, clothes, etc.)

**Parking**  
Unfortunately, the CRC does not have its own parking lot. Parents may stop temporarily in the Rec. Center Circle ONLY if they are not exiting the vehicle (i.e. dropping a child off in the morning). **Parents exiting their vehicles for any reason should park according to the map in Appendix C.** R.E.C. Kids Camp cannot be held responsible for any parking tickets given due to improper parking. Parents picking up or dropping children off during non-designated times should park in a garage to avoid a ticket.

**Extended Camp Hours**  
We are not able to accommodate pickups after 5:30pm. In the case that a parent arrives after 5:30pm, he or she will be charged $5 for the first 15 minutes, and an additional $1/minute thereafter.

**Arrival/Departure**  
Children may arrive any time between 7:30 and 9:00am. We ask that all children be at camp by 9:00am so that activities may begin promptly. R.E.C. Kids Camp will have a table outside during pickup and drop-off times.

**Pickup Authorizations**  
Only individuals designated on the registration forms will be authorized to pick up your child. If you need to add someone to the list, please [e-mail us](mailto:). All authorized individuals must have a photo ID to pick up your camper each day.
Late Arrival
In the case that you need to drop off your child late, you will need to walk your child up inside to the front desk at the Campus Recreation Center. From there, a Member Services staff member will radio a Camp Counselor to come and escort your child to join the rest of the kids.

Early Departure
If your camper must leave camp prior to 4:00pm, we ask that you let us know that morning so that we can arrange for them to be ready to be picked up at the specified time. Please keep in mind that we have scheduled camp activities up until 4:00pm.

Activities
Camp activities include, but are not limited to:
• Arts & crafts
• Sports
• Board/card games
• Climbing
• Pool games
• Free swim
• Team building activities
• Activities based on the theme of the week
• Friday Special events
• Counselor challenges
• Camper’s Choice Activities

STAY CONNECTED
Camp Staff Profiles
During pickup, we will have a camp staff binder available at the check-out desk. Please feel free to browse through the binder and learn more about our camp staff. You might learn some interesting facts!

E-Newsletter
To be more eco-friendly, weekly newsletters will be e-mailed instead of handed out. For non-summer programs, the newsletter will be e-mailed out one week prior to the camp. For camp sessions, newsletters will go out on the Friday before each session and include a recap of the current week and a preview of the following week. If you need to change your e-mail address, please contact us at reckids@uc.edu.

R.E.C. KIDS LEARN TO SWIM (LTS) PROGRAM
R.E.C. Kids campers have the opportunity to learn to swim and/or improve their swimming skills at a special rate. LTS classes run every week. A camper must be registered for camp in the week that he or she is registered for LTS. To ensure campers attend classes appropriate to their skill level, an evaluation of their skills will be performed on the first day of lessons.
Campers who are not enrolled in swim lessons will have free swim daily. Campers enrolled in swim lessons will have lessons Mondays, Tuesdays, Thursdays, and Fridays. The times of these lessons are:

- Levels 1 & 2: 1:00p.m.– 1:35p.m.
- Levels 3 & Up: 1:45p.m.– 2:20p.m.

These individuals will also be given additional free swim time if their lesson overlaps when their group normally has free swim.

**Level 1: Introduction to Water Skills**
Participants learn beginning water skills that they will build on throughout the program. Some skills taught include front and back floats and going under water.

**Level 2: Fundamental Aquatic Skills**
Participants work with fundamental skills that include learning to float without support and recovering to a vertical position. Participants also explore simultaneous and alternating arm and leg actions to lay the foundation for learning strokes.

**Level 3: Stroke Development**
Participants are introduced to front crawl, back crawl, treading water, diving, safe diving rules, and elements of the butterfly stroke.

**Level 4: Stroke Improvement**
This level develops confidence in the strokes learned thus far and improves other aquatic skills. Participants are introduced to elementary backstroke, breaststroke, sidestroke, and turning at the wall.

**Level 5: Stroke Refinement**
Participants work on refining all strokes and increasing their ability to swim greater distances. They also learn front and back flip turns.
Appendix A – Concussion Information Sheet

Ohio Department of Health Concussion Information Sheet
For Youth Sports Organizations

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.

Signs and Symptoms of a Concussion
Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians
- 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.

Symptoms Reported by Athlete
- Any headache or “pressure” is 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, fuzzy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”
- Trouble falling asleep.
- Sleeping more or less than usual.

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!

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 health care 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 heel following a concussion.

www.healthyohioprogram.org/concussion

Ohio Injury Prevention Partnership
Child Injury Action Group

www.healthyohioprogram.org/concussion
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 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.

Resources

ODH Violence and Injury Prevention Program
www.healthyohioprogram.org/vipp/injury.aspx

Centers for Disease Control and Prevention
www.cdc.gov/Concussion

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 4/1/15 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. Be sure that the athletic trainer, coach and physical education teacher are aware of your child’s injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child’s full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Example: 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. (Example: 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. (Example: 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.

Ohio Department of Health
Violence and Injury Prevention Program
246 North High Street, 8th Floor
Columbus, OH 43215
(614) 466-2144
www.healthyohioprogram.org/concussion
**Ohio’s return-to-play law goes into effect on April 26th, 2013**

Ohio’s Return-to-Play Law: What a Parent/Guardian Needs to Know – Youth Sports Organizations

For athletes participating in youth sports organizations (non-school sports):

1. Starting April 26th, 2013, parents and athletes are required to receive a concussion information sheet annually for each sport.

2. Coaches, referees, or officials must remove an athlete from play if the athlete is 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.

3. The athlete cannot return to play on the same day that the player is removed.

4. 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.

**PLEASE NOTE:** 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: [www.healthyohiogram.org/concussion](http://www.healthyohiogram.org/concussion)


Parent/Guardian – Youth Sports Organizations – Updated 2.6.13
Appendix C – Parking for parents exiting their vehicles
(You will need to zoom in)