

Return to Play Following Concussion

Guidance for Coaches

Oregon has two youth sports concussion laws.

- Max's Law covers student-athletes participating in public school sports (Oregon Revised Statute (ORS) 336.485; Oregon Administrative Rule (OAR) 581-022-0421).
- Jenna's Law covers athletes participating in private school sports and all other youth sports (ORS 417.875).
- A third law (Oregon Revised Statute (ORS) 336.495; Oregon Administrative Rule (OAR) 581-021-3007) addresses Return-to-School for students, both athletes and non-athletes.

Both laws require that:

- **Any athlete with a suspected concussion must be immediately removed from play.**

The athlete cannot Return to Play the same day unless a licensed physician (MD or DO) or a licensed athletic trainer (ATC / LAT) determines the athlete did not suffer a concussion.

- **Any athlete with a concussion cannot Return to Play the same day of the concussion and must have the following before returning to play:**

1. Have no signs, symptoms, or behaviors consistent with a concussion with or without physical exertion.
2. Be cleared by a "qualified health care professional."

Qualified health care professionals include:

Medical doctor (MD) or doctor of osteopathic medicine (DO)

Any of the following if the provider has completed concussion training through Oregon Health and Sciences University (OHSU):

Chiropractic doctor (DC)

Naturopathic doctor (ND)

Nurse practitioner (NP)
Occupational therapist (OT)
Physician assistant or associate (PA)
Physical therapist (PT)
Psychologist

What Coaches Need to Know about Return to School

Coaches for schools and non-school sports organizations must actively check for concussion signs, symptoms, or behaviors prior to full return to play and have a medical release by a qualified health care professional.

It is recommended to use the Oregon School Activities Association (OSAA) Medical Release - Return to Participation Following a Concussion form (<https://www.osaa.org/health-safety>). This form documents the medical release for the school and provides guidance on the best practice to better ensure a safe Return to Play.

Recovery from concussion is more than returning to play, it is also returning to school. While not all student-athletes will need academic support or accommodations following a concussion, helping those that do is critical.

Oregon law requires schools, upon parental notification, to provide an Immediate Temporary Accommodations Plan (ITAP) to students that have suffered a concussion regardless of the cause (ORS 336.495; OAR 581-021-3007). This is facilitated by the school's brain injury management team in collaboration with health care providers, the parents/guardians, and the student.

These accommodations or learning adjustments should address the student's challenges by modifying environmental, physical, social, emotional, curricular, and testing factors as needed.

If you know or suspect an athlete has suffered a concussion, let the school brain injury management team know. The sooner they know about the student's concussion the earlier they can implement the ITAP. Concussions are no different than any other injury – prompt support leads to better recovery.

As a coach you play a vital role in the health and safety of the students on your team. When it comes to concussions, this extends beyond the playing field or court and into the classroom.



Made possible by the Centers for Disease Control and Prevention (CDC) CDC-RFA-CE21-2101.

Updated 7/30/26