



“LYSTED LAW” COMPLIANCE FORM 2014 Season



In 2009, the Washington Legislature passed House Bill 1824, in part, due to the experience of Zackery Lystedt, a young athlete permanently injured by a series of concussions. The law requires that youth sports organizations inform and educate coaches, athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY.**
2. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
3. **KEEP YOUR CHILD OUT OF PLAY.** Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
4. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.

NO ATHLETE MAY RETURN TO ACTIVITY AFTER AN APPARENT HEAD INJURY OR CONCUSSION, REGARDLESS OF HOW MILD IT SEEMS OR HOW QUICKLY SYMPTOMS CLEAR, WITHOUT MEDICAL CLEARANCE.

Furthermore, close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

- “A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.”
- “[He or she]...may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and has received written clearance to play from that healthcare provider.”

You should inform your child's coach if you think that your child may have a concussion, remember, it's better to miss one game than miss the whole season, and, when in doubt, the athlete sits it out.

Additional current information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/concussioninyouthsports/>

By signing below, I indicate that I have reviewed the information regarding concussions outlined in this document:

Athlete
Signature: _____

Name: _____ Date: _____

Parent
Signature: _____

Name: _____ Date: _____