



ISSAQUAH YOUTH LACROSSE HEAD INJURY GUIDELINES AND PROCEDURES

Information on compliance with "The Lystedt Law" HB 1824

Policies for the management of concussion and head injury in youth lacrosse

On May 14, 2009 Washington State Governor, Christine Gregoire, signed House Bill 1824, also known as the **Zackery Lystedt Law**. Effective July 26, 2009, the Lystedt Law directly affects youth sports and head injury policies. The new law requires that:

- 1) An informed consent form must be signed **annually** by parents and youth athletes acknowledging the risk of head injury prior to practice or competition
- 2) A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – "when in doubt, sit them out"
- 3) A youth athlete who has been removed from play **must receive written clearance from a licensed health care provider prior to returning to play**

Issaquah Youth Lacrosse has adopted guidelines, organized pertinent information and awareness forms to inform and educate coaches, youth 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. Each IYL team Coach and IYL volunteers will work in concert with Issaquah Youth Lacrosse to disseminate these materials and ensure compliance with the new law.

To read the full law, [Click Here](#).

What is needed to be in compliance?

Issaquah Youth Lacrosse:

- Shall adopt policies for the management of concussion and head injuries in youth lacrosse.
- Shall ensure that all coaches (and assistant coaches) are educated in the nature and risk of concussion or head injury prior to the first practice/competition. This education shall include signs and symptoms of concussion/brain injury. Resources for this education are available below in both English and Spanish.
- Shall annually require all players and the parent(s)/guardian(s) of those players to sign and return an informed consent form relating to the nature and risk of concussion or head injury. This information sheet shall include the signs and symptoms of concussion/brain injury and can be found by [clicking here](#).
- Shall ensure that any player showing signs or symptoms of concussion/brain injury is removed from participation/competition immediately, and not allowed to return to play until they have written clearance from a licensed health care provider trained in the evaluation and management of concussion/brain injury.
- Shall submit a Compliance Statement for HB 1824, Youth Sports-Head Injury Policies to the School District when using School District facilities along with proof of insurance.



IYL COACHES:

- Shall be educated as to the nature and risk of concussion and head injuries including continuing to play after concussion or head injury. This education shall include signs and symptoms of concussion/brain injury. Education materials are available at below.
- Shall educate their athletes on the signs and symptoms of concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
- Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
- Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received **written clearance** from a licensed health care provider trained in the evaluation and management of brain injuries.

Review the coach's resource [Fact Sheet](#).

PARENTS/GUARDIANS:

- Shall annually review, sign and return to Issaquah Youth Lacrosse an informed consent form on concussion and head injury prior to the youth athlete's initiating practice or competition. This informed consent form can be found by clicking here.

Review a parents/guardians resource packet in either [English](#) or [Spanish](#).

ATHLETES:

- Shall annually review, sign and return to Issaquah Youth Lacrosse an informed consent sheet on concussion and head injury prior to initiating practice or competition.
- Athletes are encouraged to notify a coach if they or a teammate exhibit signs or symptoms of a concussion/brain injury.

Review an athlete's resource packet in either [English](#) or [Spanish](#).

What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?

Licensed Health Care Providers

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physicians Assistant (PA)
- Licensed Certified Athletic Trainers (ATC)



Research is currently being done to determine which other licensed health care providers may have sufficient training to qualify to authorize return to play. Issaquah Youth Lacrosse will update parents and athletes as this information becomes available.

RESOURCES FOR: TEAMS, COACHES, PARENTS, ATHLETES

Concussion Video:

- [Video](#)-Windows Broadband
- [Video](#)-Windows Dial UP

Required Forms:

- [Parent/Athlete Consent Form on Concussion and Head injury- PDF English](#)

At the Center for Disease Control you can find:

- [Heads Up: Concussion in Youth Sports](#)
- [Heads Up Poster English](#)
- [Heads Up Poster Spanish](#)
- [Heads Up Sheet for Clipboards English](#)
- [Heads Up Sheet for Clipboards Spanish](#)