

State of Washington - Concussion Compliance - Zackery Lystedt Law



On May 14, 2009 the Governor of Washington Christine Gregoire signed the **Zackery Lystedt Law**. **Effective July 26, 2009**, the Lystedt Law directly affects youth sports and head injury policies in the State of Washington.

USA Volleyball and its risk managers acknowledge this issue and anticipate that this type of compliance law will become widespread throughout the United States. It is highly recommended for coaches, administrators, parents and athletes, anywhere in the U.S., to be educated and aware of the symptoms and potential risks of head injuries.

The new law in the State of Washington requires that:

1. An informed consent must be signed 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**

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

PREVENTION AND PREPARATION

As a coach and/or administrator, you play a key role in preventing concussions and responding to them properly when they occur. Here are some steps that can be taken to ensure the best outcome for the athletes and the team:

- **Educate athletes and parents about concussion.** Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip: http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video. Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.

- **Insist that safety comes first.**
 - Teach athletes safe playing techniques and encourage them to follow the rules of play.
 - Encourage athletes to practice good sportsmanship at all times.
 - Make sure athletes wear the right protective equipment for their activity (such as shin guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
 - Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.
- **Teach athletes and parents that it's not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.
- **Prevent long-term problems.** A repeat concussion that occurs before the brain recovers from the first-usually within a short period of time (hours, days, or weeks)-can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second impact syndrome. Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

Below are links to resources published by the Centers for Disease Control and Prevention.

Information for Coaches:

- Introductory Letter [PDF](#)
- Guide for Coaches [PDF](#)
- Coach's Wallet Card [PDF](#)
- Coach's Clipboard Sticker [PDF](#)
- Symptoms of Concussion Poster [PDF](#)
- Main Message Poster [PDF](#)

Information for Athletes:

- Fact Sheet for Athletes [PDF](#)

Information for Parents:

- Fact Sheet for Parents [PDF](#)

Video:		
Video Format:	Windows	RealOne
Video Connection Speed:	Dialup	Dialup
	Broadband	Broadband
Text Only:	Script for Video	