CITY OF EDMONDS

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PARKS, RECREATION AND
CULTURAL SERVICES DEPARTMENT

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Information Regarding Zachery Lystedt's Law
Head Injuries in Youth Sports

Youth sports pose an inherent risk of injury to young athletes. Recent cases, such as the death of a seventeen year old football player in Spokane Valley, confirm that athletes can suffer potentially catastrophic brain injury during athletic competition. This year, the Washington State Legislature adopted Zachery Lystedt's Law, which requires that school and private nonprofit community athletics programs using school facilities restrict participation by athletes who may have suffered a concussion. The Law mandates the removal of a player suspected of having a concussion from competition or practice; written clearance to return to competition or practice from a trained health care provider trained in evaluation and management of concussions; education and training of coaches in how to recognize and respond to possible symptoms and signs of a concussion; notification to youth athletes and parents about the nature and risk of head injury and concussions; and a written acknowledgement by youth athletes and parents that they have been provided an education sheet about the risks of concussions.

Edmonds community athletics programs are not operated by private, nonprofit youth programs or school districts, and are therefore, not directly subject to Zachery Lystedt's Law.

However, the City of Edmonds Parks and Recreation Department will distribute this information sheet to all community athletics programs coaches, instructors, team captains, and participants, encouraging education regarding the possible symptoms and signs of a concussion. The Washington Interscholastic Activities Association (WIAA) website, http://www.wiaa.com/ConcussionManagement/default.htm, contains information regarding concussion management and education.

Thank you, and play safely!

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