

**ELIOT INSTITUTE
FIRST AID INFORMATION ON CONCUSSIONS & HEAD INJURIES
(December 2016)**

Washington State Legislature - The Zackery Lystedt law.

RCW (Revised Code of Washington) 28A.600.190

Youth sports—Concussion and head injury guidelines—Injured athlete restrictions—Short title.

- (1)
 - (a) Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The centers for disease control and prevention estimates that as many as three million nine hundred thousand sports-related and recreation-related concussions occur in the United States each year. A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. The risk of catastrophic injuries or death are significant when a concussion or head injury is not properly evaluated and managed.
 - (b) Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness, but the vast majority occurs without loss of consciousness.
 - (c) Continuing to play with a concussion or symptoms of head injury leaves the young athlete especially vulnerable to greater injury and even death. The legislature recognizes that, despite having generally recognized return to play standards for concussion and head injury, some affected youth athletes are prematurely returned to play resulting in actual or potential physical injury or death to youth athletes in the state of Washington.
- (2) Each school district's board of directors shall work in concert with the Washington interscholastic activities association to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents and/or guardians of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.
- (3) 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.
- (4) A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to play is not liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.
- (5) This section may be known and cited as the ZackeryLystedt law.

REVIEW OF COMMON SIGNS AND SYMPTOMS OF CONCUSSION

SYMPTOMS:

Headache
Difficulty with memory
Dizziness/vertigo
Generalized weakness
Numbness/tingling
Nausea/vomiting
Visual changes (blurred, double vision)
Ringing in ears
Difficulty concentration
Fatigue
Feeling foggy
Depressed mood
Nervousness/Anxiety
Sensitivity to light/sound
Emotional lability
Insomnia
Sleepiness

SIGNS:

Appears dazed
Vacant expression
Confused
Disoriented
Uncoordinated
Balance problems
Slow response to questions
Inappropriate or uncharacteristic behaviors
Personality change
Loss of consciousness