



CONCUSSION POLICY STATEMENT

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 particularly. The new law requires that:

- Annually, the parents/legal guardians of youth athletes must sign an informed consent by acknowledging the risk of head injury prior to practice or competition
- 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 written materials regarding how to recognize the signs and symptoms of concussion/brain injury. This education is available at no charge to coaches.
- Coaches 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.
- Coaches shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury – “when in doubt, sit them out”.
- Coaches 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.

To ensure compliance and for the well being of the athletes, PROPS requires that:

- 1.) all players and parents/legal guardians electronically sign a “CONCUSSION - PARENT/PLAYER INFO SHEET as a requirement to completing PROPS’ online registration process; and
- 2.) all coaches and assistant coaches read, sign and return a copy of PROPS ‘COACHES FACT SHEET ON CONCUSSION IN YOUTH SPORTS” prior to entering the field for practice or games.

Under no circumstances is any coach allowed to do any form of coaching under the auspices of Props Lacrosse Association (“PROPS”) until he/she completes the review and certifies their completion by signing and returning the last page of the ‘COACHES FACT SHEET ON CONCUSSION IN YOUTH SPORTS’ to PROPS:

Magnolia United Lacrosse Association DBA Props Lacrosse Association

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