



Concussion Management for Schools

Concussions are a type of traumatic brain injury, caused by a blow or jolt to the head or body, that disrupt the way the brain normally works. All concussions are serious and continuing to play with a concussion can make the head injury worse. Schools play a key role in recognition and proper response to concussions when they first occur.

Zackery Lystedt Law

In 2009 the Washington State Legislature passed the Zackery Lystedt Law, which requires policies for the management of concussion and head injury in youth sports.

School District Requirements

- Work with the Washington Interscholastic Activities Association to develop guidelines and informational forms to educate coaches, youth athletes, and their parents of the nature and risk of concussion and head injury.
- Inform coaches, athletes, and parents about the dangers of sports-related head injuries.
- Informed consent must be signed by parents and youth athletes about the dangers of sports-related head injuries.
- Any non-school youth program that operates on school grounds must provide proof of insurance and a statement of compliance form related to management of youth head injuries.
- Any youth athlete suspected of getting a head injury will be removed from the practice or game. The athlete may not return to play until he or she has been evaluated by a licensed health care provider and gets clearance to play.

More Information

- [Washington Interscholastic Activities Association - Concussion Management Guidelines](#)
- [Concussion Management Toolkits, CDC](#)