



**Ridgefield Little League**

# **CONCUSSION TRAINING MODULE**

**HB 1824  
LYSTEDT LAW**



## HB 1824 – ZACHERY LYSTEDT LAW

On May 14, 2009 Washington State Governor Christine Gregoire signed into law House 1824 to be know as the Zachery Lystedt Law.

This new law requires the education of coaches, players and parents on the recognition and management of concussions as well as establishing return-to-play protocol for all athletes suspected of or having a concussion or brain injury.

As of July 26, 2009, the implementation date of the legislation, the following will apply to Ridgefield Little League programs due to our use of the Ridgefield School District and other Clark County School District Facilities and Fields.



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## **HB 1824 – ZACHERY LYSTEDT LAW**

**All coaches will review the Ridgefield Little League Coach’s Training Module on the nature and risk of concussion or head injuries including continuing to play after a concussion or head injury and submit the training module certification form to the RLL Safety Officer prior to participation in any RLL practices and/or games.**

**Each time a parent/guardian registers a participant for a RLL program, they will be required to review concussion information to alert and train them as to the signs and symptoms of a concussion and the steps to follow if a concussion is suspected. The parent/guardian will certify they have reviewed information the themselves and on behalf of their child.**



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## **HB 1824 – ZACHERY LYSTEDT LAW**

**It will be the policy of Ridgefield Little League that any athlete showing signs or symptoms of concussion/brain injury will be removed from participation immediately, and not allowed to return to play until they have written clearance from a licensed health care provider trained in the evaluation and management of concussion/brain injury.**



## WHAT IS A CONCUSSION?

- A concussion is an injury that changes how the cells in the brain normally work.
- A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.
- Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.
- The potential for concussions is greatest in athletic environments where collisions are common.
- Concussions can occur in any organized or unorganized sport or recreational activity.
- As many as 3.8 million sports- and recreation-related concussions occur in the United States each year.



## 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 death.



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## RECOGNIZING A POSSIBLE CONCUSSION

- To help recognize a concussion, you should watch for the following two things among your athletes:
  - A forceful blow to the head or body that head results in rapid movement of the head.
  - Any change in the athlete's behavior, thinking, or physical functioning.
    - (See the signs and symptoms of concussion.)



## SIGNS AND SYMPTOMS

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall





## SIGNS AND SYMPTOMS

### SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”



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## **ACTION PLAN**

**WHAT SHOULD A COACH  
DO WHEN A  
CONCUSSION IS  
SUSPECTED?**



## ACTION PLAN

- **Remove the athlete from play.**
  - Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head.
  - Athletes who experience signs or symptoms of concussion should not be allowed to return to play.
  - When in doubt, keep the athlete out of play.



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## **ACTION PLAN**

- **Ensure that the athlete is evaluated right away by an appropriate health care professional.**
  - Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
    - Cause of the injury and force of the hit or blow to the head
    - Any loss of consciousness (passed out/knocked out) and if so, for how long
    - Any memory loss immediately following the injury
    - Any seizures immediately following the injury
    - Number of previous concussions (if any)



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## **ACTION PLAN**

- **Inform the athlete's parents or athletes' guardians about the possible concussion and direct them to the Parent Concussion Info sheet available on the RLL web site) .**
- **Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.**
- **Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.**
- **A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems.**
- **Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.**



## LICENSED HEALTH CARE PROVIDERS

What licensed health care providers are trained in the evaluation and treatment concussions/brain of injuries and authorized to allow the athlete to return to play?

- Doctors (Medical MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physicians Assistant (PA)
- Licensed Certified Athletic Trainers (ATC)
- Research is currently being done to determine which other licensed health care providers may have sufficient training to qualify to authorize return to play. The WIAA will update schools as this information becomes available.



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## SUMMARY

***If you think your athlete has sustained a concussion...take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.***



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## WIAA VIDEO

Watch the video on the WIAA web site located at this link (the video is approximately 14 minutes):

<http://www.wiaa.com/lystedt/default.htm>

(if you clicked on the words above and it didn't take you to the site - right click on the words then click "Open Hyperlink")

If the video does not work go to [wiaa.com](http://www.wiaa.com) and click on the Concussion Management link on the main page.





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## LAST STEP

- Print the certificate on the following page
- Sign and date the certificate
- Mail the certificate to:

Ridgefield Little League  
Attention: Safety Officer  
PO Box 804  
Ridgefield, WA 98642

**prior to tryouts.**

- If you are not involved in tryouts, your certificate must be mailed in **prior** to your first practice.
- Make a copy for your records.

# *Certificate of Completion*



**Ridgefield Little League**

*for satisfactorily completing*

*Mandatory Concussion/Head Injury Training*

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Coach Name

*In signing this certificate, I certify that I have completed the training and understand the information presented*

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Coach Signature

Date:

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RLL Signature:

Date:

Upon completion, please sign and MAIL to RLL, PO Box 804, Ridgefield, WA 98642