

City of Mountlake Terrace
Recreation & Parks Department

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; 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.

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

However, the City of Mountlake Terrace Recreation and Parks Department will distribute this information sheet to all community athletics programs coaches and instructors. The City will also make this information available to participants by posting the information on the city website in order to encourage education regarding the possible symptoms and signs of a concussion. The Washington Interscholastic Activities Association (WIAA) website, <http://www.wiaa.com/subcontent.aspx?SecID=623>, contains information regarding concussion management and education.

Thank you, and play safely!

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