



Tacoma Youth Lacrosse Association

TYLA Concussion Policy

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:

1. An informed consent must be signed annually by parents and youth athletes acknowledging the risk of head injury prior to practice or competition
2. A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – “when in doubt, sit them out”
3. A youth athlete who has been removed from play **must receive written clearance from a licensed health care provider prior to returning to play**

To ensure compliance and for the well being of the athletes, TYLA requires that all players, parents/legal guardians, and coaches read, sign and return their respective Concussion Information Sheets prior to entering the field for practice or games. Further, TYLA will not issue equipment to any player or coach who does not already have a signed Concussion Information Sheet on file with TYLA or can not present one at the time of equipment checkout.