



## Eastlake Little League

### Concussion Information & Consent Form

In 2009, Washington State enacted the nation's toughest return-to-play law, for youth athletes suspected of sustaining a concussion. The new "Zackery Lystedt Law", prohibits youth athletes who have incurred a concussion, or are suspected of sustaining a concussion, from returning to play without a licensed healthcare provider's approval.

The new law requires that:

1. An informed consent must be signed by parents and youth athletes acknowledging the risk of head injury prior to the commencement of 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.**
4. Private, nonprofit youth sports associations wanting to use publicly-owned playfields must comply with this law.

According to the Centers for Disease Control and Prevention (CDC), an estimated 300,000 sports and recreation related head injuries of mild to moderate severity occur in the United States each year. Most can be classified as concussions. Traumatic brain injuries are one of the leading causes of permanent disability and death in youth athletics. A repeat concussion that occurs before the brain recovers from the first, usually within a short period of time (hours, days, or weeks), can result in brain swelling, permanent brain damage, and even death. This condition is called second impact syndrome.

#### Concussion Information:

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Concussion Symptoms** – May include one or more of the following



- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns

- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

### Signs of a Concussion – Observed by coaches, teammates, umpires or parents

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

### What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately.

Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that the adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents, and teammates is the key for the youth athlete’s safety.

If you think your child or player has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, **without medical clearance.** Close observation of the athlete should continue for several hours.



The “Zackery Lystedt Law” requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

**“A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”**

and

**“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.**

You should also inform your child’s coach if you think that your child may have a concussion. Remember its better to miss one game or practice than to miss a whole season. **When in doubt, the athlete sits out.**

### Eastlake Little League

If you have any questions on the above information or requirements, please contact the League Safety Officer for further information and explanation.

I hereby acknowledge that I have read the Eastlake Little League “Concussion Information and Consent Form”, fully understand the information presented, and the league requirements pertaining to concussion or suspected concussion injuries.

\_\_\_\_\_  
Player-Athlete Name Printed

\_\_\_\_\_  
Player-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Level of Play (T-Ball, AAA, etc.)

\_\_\_\_\_  
Team Name

#### Notes:

- 1) ELL must have one completed form for each player/athlete each year. i.e. If you have 2 players in ELL, you must turn in two forms, one for each player. **Any player that does not have completed & signed form on file for the current year will not be allowed to practice or play.**
- 2) Return this completed and signed page only, in 1 of the 3 following ways:



- a) Email scanned completed form to;  
[safety@eastlakell.org](mailto:safety@eastlakell.org)
  
- b) Mail to:  
ELL – Attention Safety Officer  
704 228th Ave. N.E., PMB # 294  
Sammamish, WA 98074
  
- c) Hand deliver to league Safety Officer

For current and up-to-date information on concussions you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>