

"LYSTEDT LAW" & "SUDDEN CARDIAC" COMPLIANCE FORM

Club: Woodinville Baseball Club

Seasonal Year: 2020/2021

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

SIGNS OBSERVED BY PARENTS OR GUARDIANS SYMPTOMS REPORTED BY ATHLETE

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|--------------------------------------------|------------------------------------|
| ▪ Appears dazed or confused | ▪ Headache or "pressure" in head |
| ▪ Forgets an instruction | ▪ Nausea or vomiting |
| ▪ Unsure of game, score, or opponent | ▪ Balance problems or dizziness |
| ▪ Moves clumsily | ▪ Double or blurry vision |
| ▪ Answers questions slowly | ▪ Sensitivity to light |
| ▪ Loses consciousness (even briefly) | ▪ Sensitivity to noise |
| ▪ Shows behavior changes | ▪ Feeling sluggish, hazy, or foggy |
| ▪ Can't recall events prior to hit or fall | ▪ Concentration problems |
| ▪ Can't recall events after hit or fall | ▪ Does not "feel right" |

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Subsequent concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity.

NO ATHLETE MAY RETURN TO ACTIVITY AFTER AN APPARENT HEAD INJURY OR CONCUSSION, WITHOUT MEDICAL CLEARANCE.

Furthermore, close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now 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."
- "[He or she]...may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and has received written clearance to play from that healthcare provider."

WHAT IS SUDDEN CARDIAC ARREST? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

WHAT CAUSES SUDDEN CARDIAC ARREST?

SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player.

WHILE A HEART CONDITION MAY HAVE NO WARNING SIGNS,

some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- Early onset heart disease or sudden death from a heart condition

CARDIAC 3 MINUTE DRILL

1. **Recognize Sudden Cardiac Arrest**
 - Collapsed and unresponsive
 - Abnormal breathing
 - Seizure-like activity
2. **Call 9-1-1**
 - Call for help and for an AED
3. **CPR**
 - Begin chest compressions
 - Push hard/ push fast (100 per minute)
4. **AED**
 - Use AED as soon as possible
5. **Continue care**
 - Continue CPR and AED until EMS arrives

By signing below, I indicate that I have reviewed the information regarding concussions & sudden cardiac outlined in this document:

Signature /Name Athlete

Signature of Parent / Guard