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**DATE:** September 17, 2009  
**TO:** Valued ESIX Clients  
**RE:** Washington HB 1824 ("The Zackery Lystedt Law")

In an effort to keep you apprised of recent legislative developments which impact many of our clients, we have prepared the following notice regarding House Bill 1824 (known as "The Zackery Lystedt Law") which was signed into law on May 14, 2009, in the State of Washington.

House Bill 1824 requires the adoption of policies for the management of concussion and head injury in youth sports in the State of Washington. Key provisions of the new law include:

- All school districts must work with the Washington Interscholastic Activities Association to develop guidelines and informational forms to educate coaches, youth athletes, and their parents of the nature and risk of concussion and head injury.
- All youth sports coaches will have to take training on the nature and risk of concussions and head injury.
- An informed consent must be signed each year by parents and youth athletes acknowledging the risk of head injury prior to participation in practice or competition.
- Any youth athlete who is suspected of sustaining a concussion or head injury shall be removed from play with a "When in doubt, sit them out" approach.
- Any youth athlete who has been removed from play receive must written clearance prior to returning to play from a licensed health care provider trained in the evaluation and management of concussions.

The law further stipulates that all private, non-profit youth sports associations/organizations in the State of Washington shall be in compliance with the policies adopted by the Washington Interscholastic Activities Association, and shall:

- Maintain "an accident and liability" insurance policy with limits of "at least fifty thousand dollars due to bodily injury or death of one person, or at least one hundred thousand dollars due to bodily injury or death of two or more persons in an any incident." **This requirement is met by having appropriate General Liability insurance coverage in place, which is the case for ESIX clients.**
- All coaches, players and parents of private non-profit youth organizations shall have similar concussion and head injury training as outlined for public school coaches, players, and parents prior to the start of any practice or game.
- A statement of compliance must be submitted by the private non-profit youth sports association confirming that the organization has complied with all of the requirements adopted by the Washington Interscholastic Activities Association prior to using any public facility in the State of Washington for practice or competition.

Attached for your reference is a link to the actual legislation:

<http://apps.leg.wa.gov/documents/billdocs/2009-10/Pdf/Bills/House%20Bills/1824.E.pdf>



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The Washington Interscholastic Activities Association has created the following educational video about concussion and head injury:

**Video link - [click here](#)**

The Centers for Disease Control and Prevention (CDC) has created a number of resource kits for coaches, parents and athletes. Please see links below:

**Parent/Athlete Information Sheet - [click here](#)**

**Coaches Resource Packet - [click here](#)**

**Parents Resource Packet - [click here](#)**

**Athletes Resource Packet - [click here](#)**

**CDC Heads Up Poster for Bulletin Boards - [click here](#)**

**CDC Heads Up Sheet for Clipboard - [click here](#)**

**CDC Heads Up: Concussion in Youth Sports - [click here](#)**

We strongly recommend that this information be shared with those within your organization involved with youth sports in the State of Washington, and that you **consult with your legal advisors** regarding compliance.

In the coming years, we expect other states to adopt similar legislation.