

Seattle United

Concussion Policy

Seattle United follows the **Zackery Lystedt Law** enacted on July 26, 2009, which defines how parents and coaches need to respond to players with head injuries. The law requires that:

- 1) An informed consent must be signed 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 in a practice or a game **must be removed from play at that time**.
- 3) A youth athlete who has been removed from play for a head injury or suspected concussion **must receive written clearance from a licensed health care provider trained in the evaluation and management of concussion prior to returning to play**.

Medical Guidelines Relevant to Seattle United

Seattle United may refer to current consensus standards from two widely recognized national and international guidelines on sports concussion:

- 1) Harmon KG, Drezner JA, Gammons M, et al. American Medical Society for Sports Medicine position statement: concussion in sport. *Br J Sports Med.* 2013;47(1):15-26.
- 2) McCrory P, Meeuwisse WH, Aubry M, et al. Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012. *Br J Sports Med.* 2013;47(5):250-8.

Diagnosis of Concussion

- Concussion remains a clinical diagnosis ideally made by a healthcare provider familiar with the athlete and knowledgeable in the recognition and evaluation of concussion.
- Graded symptom checklists provide an objective tool for assessing a variety of symptoms related to concussions, while also tracking the severity of those symptoms over serial evaluations.

- If a coach or parent is concerned a player could have a concussion, the coach should remove the player from practice or competition and the player should be evaluated by a health care provider with written medical clearance before returning to the field of play.

'Sideline' Evaluation and Management

- Any athlete suspected of having a concussion should be removed from play and assessed by a licensed healthcare provider trained in the evaluation and management of concussion before clearance is provided to return to play.
- Players diagnosed with a concussion and with ongoing concussion-related symptoms should not participate or attend practices or games.

Neuropsychological Testing

- Baseline neuropsychological testing is not considered by expert consensus guidelines to be a required or mandatory aspect of concussion assessment.
- At present, there is insufficient evidence to recommend the widespread and routine use of baseline neuropsychological testing.
- Most concussions can be managed appropriately without the use of neuropsychological testing.
- Baseline neuropsychological testing may have more value in athletes with a history of multiple or complex concussions.
- Neuropsychological testing should be used only as part of a comprehensive concussion management strategy and should not be used in isolation.