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Louisiana Youth Concussion Law

Louisiana Youth Concussion Act Effective July 2011 mandates requirements for all youth athletic activity organizations, public or private. Prior to the beginning of each athletic season, educational awareness is provided to all coaches, officials, volunteers, youth athletes, parents or legal guardians. The new Law requires coaches, employed or volunteer, and every official of youth activity to complete an annual concussion recognition education course. The Law also requires that the athlete and parent/legal guardian to sign that they have received, read and understand the concussion and head injury information sheet provided. This concussion education sheet is posted on the LYSA website at www.lysasoccer.com and must be read by both parent(s) and athlete(s) prior to participation.

If your son/daughter suffers a concussion, they will be removed from the practice or game and must be examined by a Medical Doctor, Licensed Nurse Practitioner, Licensed Physician Assistant or Licensed Psychologist trainer in neuropsychology. Your son/daughter can not return to activity until cleared from one of the above healthcare providers is received. After a written clearance is received, a gradual return to play must be followed by your coach.

Gradual Return to Play Protocol:

- Step 1:* Light exercise, including walking or riding an exercise bike. No weight-lifting.
- Step 2:* Running in the gym or on the field. No helmet or other equipment.
- Step 3:* Non-contact training drills in full equipment. Weight-training can begin.
- Step 4:* Full contact practice or training.
- Step 5:* Game play.

If symptoms occur at any step listed above, the athlete should cease activity and be re-evaluated by their healthcare professional.

Signing below indicates you have read the concussion education and awareness literature on the LYSA website and understand that you and your child must seek medical attention, medical professionals listed above, following a concussion or head injury. Also, there must be a written clearance by a MD, PA, NP of Neuropsychology trained Psychologist in order to begin a gradual return to play.

Athlete's Name (Printed)	Athlete's Signature	Date
Parent or Legal Guardian (Printed)	Parent or Legal Guardian (Signature)	Date