

Memo

To: Club Presidents/Head Coaches

From: Chuck Keers, Executive Director
503-626-4625, chuck@oregonyouthsoccer.org

Subject: Distribution of Concussion Information Kit

A new law has been passed in Oregon that affects every coach involved in school sports. While it does not apply to private sports organizations, it is a common sense approach to an area of concern that I know is important to all of us – the health and safety of our players.

Max's Law, SB 348, was named after Max Conratt, an Oregon high school athlete who went into a four-month coma and is suffering from a life-long debilitation after experiencing two concussions in a single football game a few years ago. It is a law that requires coaches of school athletic teams to receive annual training on how to recognize symptoms of concussion and how to seek proper medical treatment for a person suspected of having a concussion. A similar, more stringent law – the Zachery Lystedt law - went into effect this past year in Washington State. It requires a doctor's written release before a player who has suffered a head injury may be allowed to return to play.

Go to the link <http://www.msnbc.msn.com/id/3032619/vp/33610637#33610637> for a short, but powerful, video about Zachery Lystedt.

As I said, neither law applies to OYSA Member clubs (except for teams playing in Washington State) – but awareness of and prudent treatment of head injuries is a basic responsibility of anyone involved in youth sports.

The US Department of Health and Human Services through the Centers for Disease Control and Prevention produces a “tool kit” called *Heads Up: Concussion in Youth Sports* that contains a fact sheet about concussions for coaches, one for athletes and one for parents (in both English and Spanish) a clipboard with concussion facts for coaches, a magnet with concussion facts for coaches and parents, a poster and a quiz for coaches, athletes and parents so that sports administrators and coaches can educate themselves and others about sports-related concussions.

Oregon Youth Soccer has obtained enough “tool kits” for every registered coach in the association. These are great, yet simple, educational resources that we would like you to help distribute to your coaches.

We have them now and would appreciate it if someone from your club could come by and pick up your kits.

I think you and your coaches will find the information in the kits useful. If we can prevent even one child from having to deal with an injury like Max's or Zachery's, we will have made a life-changing difference in the world. Thank you in advance for your help getting the word out.