

The Zackery Lystedt Law Reaches All 50 States!



Victor, Zackery, and Mercedes Lystedt at Seattle Sports Commission Awards.

On May 14, 2009, Washington State Governor Christine Gregoire signed into law the Zackery Lystedt Law. This first-in-the-nation law, known as the Zackery Lystedt Law, prohibits the return to practice or game of a youth athlete suspected of sustaining a concussion without a licensed health-care provider's written approval. The new law was hailed as the "most enlightened law to prevent preventable brain injuries in youth athletes in the United States."

In less than 5 years, all 50 states and the District of Columbia have adopted much of the core principals of the Lystedt Law. This is the fastest growing public safety initiative to become law in all states, ever. For example, many states still don't have seatbelt or helmet laws.

In 2006, Zackery Lystedt suffered a life-threatening brain injury while playing football on his middle school team on October 12, 2006. School coaches returned him to play in the game after he sustained a concussion, without first obtaining an evaluation by a licensed health care professional trained in the evaluation and management of concussion. After collapsing on the field at the end of the game, the young football star underwent emergency life-saving brain surgery at Harborview Medical Center. Zackery and his parents, Victor and Mercedes Lystedt, made it their mission to ensure that no other family has to experience what they have gone through. The Lystedts, along with their attorney Richard H. Adler, began a tireless campaign for a return to play law by building community partnerships,

public speaking, and drafting the Zackery Lystedt Law. They did not stop with the passage of the law in Washington, and have continued to raise awareness on the dangers of concussion and have continued to get the word out until the laws passed, nationwide.

Zackery is now 21 years old. He is still dependent on his wheelchair and spends countless hours each week in rehabilitation. He is attending school at Bellevue College.

What's next? The Lystedts are pushing to bring the law to the US Congress and make the return to play safeguards federal law. With the support of key national organizations, including the NFL, CDC, USA Football, and the United States Brain Injury Alliance, the Lystedts believe it will happen. The law is also spreading on internationally, with Canada and Australia calling for interviews with the Lystedts, Richard H. Adler, and Dr. Stanley Herring, and the United Kingdom looking at it as well.

Recently Zack was awarded the *Seattle Children's Inspirational Youth Award* by the Seattle Sports Commission. The 79th annual awards ceremony took place at Benaroya Hall. KIRO news anchor and voice of the Seattle Seahawks Steve Raible presented the award to Zack.

In April 2014, Zack and his parents, along with Richard H. Adler and Dr. Stanley Herring, will be the keynote speakers at the Washington State Traumatic Brain Injury Conference. For more information on how to attend, please visit www.tbiwashington.org. ♦

| State | Signed by Governor |
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|----------------------------|----------|
| Washington | 5/9/09 |
| Oregon..... | 6/18/09 |
| New Mexico | 3/9/10 |
| Virginia | 4/11/10 |
| Oklahoma | 5/13/10 |
| Connecticut..... | 5/19/10 |
| Rhode Island..... | 6/9/10 |
| Massachusetts..... | 7/8/10 |
| New Jersey..... | 12/7/10 |
| Wyoming | 3/10/11 |
| South Dakota..... | 3/17/11 |
| Utah | 3/21/11 |
| Colorado | 3/29/11 |
| Iowa | 4/7/11 |
| Nebraska | 4/14/11 |
| Arizona | 4/18/11 |
| North Dakota..... | 4/22/11 |
| Indiana..... | 5/10/11 |
| Maryland..... | 5/19/11 |
| Kansas | 5/25/11 |
| Alaska..... | 5/27/11 |
| Minnesota..... | 5/27/11 |
| Nevada..... | 5/31/11 |
| Alabama..... | 6/9/11 |
| North Carolina..... | 6/16/11 |
| Texas..... | 6/17/11 |
| Louisiana..... | 6/29/11 |
| Missouri..... | 7/8/11 |
| District of Columbia | 7/27/11 |
| Illinois..... | 7/28/11 |
| Delaware..... | 8/31/11 |
| New York | 9/17/11 |
| California | 10/4/11 |
| Pennsylvania | 11/10/11 |
| Wisconsin | 4/2/12 |
| Idaho | 4/3/12 |
| Kentucky..... | 4/12/12 |
| Florida | 4/27/12 |
| Maine | 5/21/12 |
| New Hampshire | 6/18/12 |
| Hawaii..... | 7/3/12 |
| Michigan | 10/23/12 |
| Ohio | 12/20/12 |
| Arkansas..... | 4/12/13 |
| Tennessee..... | 4/12/13 |
| Montana | 4/22/13 |
| Georgia | 4/23/13 |
| West Virginia | 5/29/13 |
| Vermont..... | 6/4/13 |
| South Carolina..... | 6/7/13 |
| Mississippi | 1/30/14 |

March is Brain Injury Awareness month. To find out how to become involved with the Brain Injury Alliance of Washington or to donate, visit www.biawa.org.