

# Legislature passes changes to the Lystedt law to include sudden cardiac arrest awareness

By Robin Aronson

Since 2009 the Zachery Lystedt Law, codified in RCW 4.24.660 and RCW 28A.600, has required the adoption of policies for the management of concussion and head injuries in youth sports. The law was amended this past legislative session to address sudden cardiac arrest (SCA). The law now requires a private non-profit to provide a statement of compliance with the policies for management of concussion and head injury in youth sports as well as a statement of compliance with the policies for sudden cardiac arrest.

The Washington Interscholastic Activities Association (WIAA) has developed and made available an online information sheet, or “pamphlet” as the statute so requires, that provides youth athletes, their parents or guardians, and coaches with information about sudden cardiac arrest. Student athletes and their parents or guardian must sign a form stating that the online information sheet or pamphlet for sudden cardiac arrest was reviewed. In addition, every three years coaches, prior to coaching an interscholastic athletic activity, must complete an online sudden cardiac arrest prevention training program and provide a certificate showing completion of the program.

WIAA’s online sudden cardiac arrest information sheet along with updated compliance forms is located at: <http://us10.campaign-archive2.com/?u=fe2496ab0bb9900b8ccdc7730&id=226b151cc1>. WCIA is working to update the sample Lystedt Law Compliance Forms found in PAR 24.01 of the Liability Resource Manual and modeled after the WIAA forms. Please note that WIAA is currently working with the University of Washington to develop online coaches training for sudden cardiac arrest. The course is not yet finished. WIAA offers the following link to a free Sudden Cardiac Awareness online course through the National Federation of State High School Associations (NFHS): <https://nfhslearn.com/courses/61032>. Coaches that complete the course can print a certificate as proof of meeting the coaches training requirement.

Although the law generally directs the instructions to school districts and WIAA, many cities in Washington administer community athletic programs in conjunction with school districts, using school facilities for various sports programs. In administering these programs, cities and towns need to be aware of the requirements of the Lystedt Law and require compliance by non-profit organizations operating youth sports programs. Likewise, municipal parks and recreation

programs should consider requiring all community athletic programs to follow the standards established by the Lystedt Law.

Resources:

**Engrossed Substitute Senate Bill 5083** amending RCW 4.24.660 and RCW 28.600A:

[http://lawfilesexternal.wa.gov/biennium/2015-](http://lawfilesexternal.wa.gov/biennium/2015-16/Pdf/Bills/Senate%20Passed%20Legislature/5083-S.PL.pdf)

[16/Pdf/Bills/Senate%20Passed%20Legislature/5083-S.PL.pdf](http://lawfilesexternal.wa.gov/biennium/2015-16/Pdf/Bills/Senate%20Passed%20Legislature/5083-S.PL.pdf)

**WIAA sudden cardiac awareness information sheet and compliance forms:**

<http://us10.campaign-archive2.com/?u=fe2496ab0bb9900b8ccdc7730&id=226b151cc1>