



UNIVERSITY of WASHINGTON

**MEDIA ADVISORY**

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## Learn to recognize sports concussions

Help keep youth athletes safe by watching free video

**SEATTLE** — Do you know how to recognize the signs of a concussion? What should a coach do if they suspect a youth athlete has suffered a concussion? Are you familiar with the new Zackery Lystedt Law?

A free video from UWTV, a service of the University of Washington, offers vital information about sports concussions in youth athletes. Learn what to look for, what steps to follow and all about the Zackery Lystedt Law, signed into effect by Governor Chris Gregoire on May 14, 2009. "Recognizing Sports Concussions" is available online on demand or by podcast at [uwtv.org](http://uwtv.org) anytime. It can also be seen on UWTV, cable channel 27 in the Puget Sound; check our Web site for air dates.

The video is a joint presentation of UW Medicine, the Washington Interscholastic Activities Association, Harborview Medical Center, Seattle Children's and the Brain Injury Association of Washington.

It features several young athletes who share their first-hand experiences of what a concussion feels like. Dr. Stan Herring, co-medical director of the Seattle Sports Concussion Program, and Kaiulani Gilbert, a certified athletic trainer with Seattle Children's, offer their expertise.

"A coach is the first line in being able to see if an athlete has a concussion," Gilbert said. "They really know their players, they see them every day and they're a key component to helping identify concussions."

### About UWTV

UWTV is the University of Washington's award-winning television channel, offering original, non-commercial educational video programming – 24 hours a day, seven days a week. A unique educational resource, UWTV provides viewers direct access to the world-renowned scholars, scientists and researchers whose insights and discoveries are at the heart of our university and are changing our world. Learn more at [uwtv.org](http://uwtv.org).

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