

NFL Players Association: Report Concussion Symptoms

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Video Link: <http://www.brainline.org/content/multimedia.php?id=3693>

Jason Belser: Most important thing for them to know is, upon having symptoms, inform someone, whether it be a coach, whether it be your mom or dad, the trainer, tell someone. At their age, young age, we want to change the culture, this bravado to play through that. They're not getting paid to play. They're playing the game because they love it. It is a sport to them, it's not a profession. And we want them to treat it that way. Just report it. Get the proper assessment, get the proper diagnosis and then get the proper clearance to return back to the game that they want to play.

You know, these young men and women that play this game, you know, in our league we have some young ladies that play tackle football, flag football. We just want them to enjoy the game, realize if they play with the proper technique, get the education, that's why the USA football has an online education program platform, ultimately this game will be as safe as it possibly can be. We're working more closely with the manufacturers to get input from the players so now they know what players like so in their research and development they can take these things into account and they're building better helmets. You know the helmets we have now are reportedly 20 to 25% better at reducing the rate of concussion or concussions. And you know, we want everyone to advance up to that technology. Those are the things that we're working through now.

At the youth level, most of the youth kids are doing that, especially in the universities and high schools. We have equipment grants that we give out through Ridell and USA Football that allows kids to get the up to dated equipment and you know, the players of the National Football League, we just want to be part of the solution to where we can inform, today, play the game this way, play it smart, play it safe, play it with the proper education from the coaching standpoint, to the league commissioners because we all have something involved. We don't want to lose one fan that feels that the game of football is unsafe from this level to adulthood and that's what we've been commissioned to do and that's what we will do.