

# Trainer: concussions occur all the time in high school football

On behalf of Johnston, Moore & Thompson

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As high school coaches and administrators learn more about the long-term effects of concussions on the human brain, they are taking them more seriously and doing more to make sure that teenage athletes who suffer this form of [brain injury](#) are properly treated. This is important, given that concussions are not occasional injuries, especially on the football field. According to an athletic trainer who gave a speech recently at Shoals Hospital in Muscle Shoals, Alabama, the typical high school football team suffers at least four concussions per season.

Fortunately, thanks to a new state law passed in August, youth sports concussions are not treated the way they used to be, the trainer said. Before that, players who appear to have suffered a concussion were kept on the sidelines for 20 minutes. If the player seemed alert and did not have a headache, he was sent back into the game. Now, Alabama law requires that prevents a young athlete from playing again until a doctor gives written permission.

Even then, guidelines require that coaches ease the injured athlete back into full participation, beginning with light jogging. A physician who spoke at the same event said that it is not always clear how severe the concussion is, given that only 10 percent of concussions cause loss of consciousness. Typical symptoms include confusion, drowsiness, headaches and vomiting.

Playing sports in high school is a great way for teenagers to learn discipline, teamwork and self-respect. One of the best things we can do to support them is make sure they do not suffer long-term brain injuries as a result of untreated concussions.

**Source:** Times Daily, "[Trainer: Concussions extremely common in high school athletes](#)," Hannah Mask, Nov. 10, 2011