



## Quiz Answer Key

1. True or false: You should stop playing a sport immediately if you get hurt and feel pain.
2. True or false: A sprain is the same as a strain.
3. A concussion can cause:
  - a. headache
  - b. blurred vision
  - c. feeling happy
  - d. trouble walking or concentrating
  - e. confusion and saying things that don't make sense
  - f. slurred speech
  - g. vomiting
  - h. dizziness
4. Protective gear helps you avoid getting \_\_\_\_\_ *hurt* \_\_\_\_\_ while playing a game or sport.
5. When kids are sledding, it's good to have adults around to help kids stay \_\_\_\_\_ *safe* \_\_\_\_\_ and in case kids need \_\_\_\_\_ *help* \_\_\_\_\_.
6. For skating, it's important to remember to never skate \_\_\_\_\_ *alone* \_\_\_\_\_ and to only skate on \_\_\_\_\_ *approved* \_\_\_\_\_ ice.
7. True or false: It's a good idea to warm up before you play a sport.
8. True or false: If you don't know the rules of a game, it's easier for you to get hurt while you're playing.