Quiz

Instructions: Answer each question.

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 ________________ while playing a game or sport.

5. When kids are sledding, it’s good to have adults around to help kids stay ________________ and in case kids need ________________.

6. For skating, it’s important to remember to never skate ________________ and to only skate on ________________ 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.