



Name: _____

Date: _____

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.