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.