Quiz

1. True or false: Players need to warm up before games, but not practice.

2. True or false: Mouthguards can help protect your teeth while you play sports.

3. Which activities are not good ways to warm up:
   a) brisk walking, jogging
   b) doing jumping jacks
   c) jumping hurdles, lifting weights, sprinting

4. Wearing the right equipment with the right fit __________________ your chances of getting hurt.

5. Write three signs a person may have had a concussion: