

Adapting Worlds Foundation  
Test - Sport Safety and Risk Management

1. The field of play should be checked before and after all practices and events for *(choose 1 answer)*  
☐ Equipment                      ☐ Obstacles                      ☐ Signs                      ☐ Coaches
2. ☐ True    ☐ False      All necessary equipment should be available for all practices and events.
3. In case of illness/injury, \_\_\_\_\_ should be available at all practices and games.
4. ☐ True    ☐ False      Each coach is responsible for activating an Emergency Management Plan.
5. Which of the following are included in the Crisis Communication Plan? *(check all that apply)*  
☐ All activities should be calmly and simply explained to the athlete and parent/guardian  
☐ A telephone or cellular phone should be immediately available in case of an emergency situation  
☐ Parents should be immediately notified not only for information but also for planning of immediate or follow-up care  
☐ All illnesses and injuries should be thoroughly documented on an Incident Form  
☐ The coach should obtain a report from the medical personnel who handle an incident
6. Immediate care for sprains, strains, and contusions:  
R – \_\_\_\_\_; stop any activity that causes pain.  
I – \_\_\_\_\_ for 24-48 hours after the injury.  
C – \_\_\_\_\_ with an elastic bandage to contain the swelling.  
E – \_\_\_\_\_ the injured area to control swelling.
7. ☐ True    ☐ False  
An effective risk management program consists of the following four basic steps:
  - Assess – identify, analyze and prioritize potential risks
  - Select methods to prevent loss
  - Implement the best methods
  - Monitor the results and revise as necessary
8. List four (4) items that should be included in a First Aid Kit:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. ☐ True ☐ False Call for medical assistance immediately and contact the parent/guardian in case of a seizure in someone who does not have epilepsy.
10. Which of the following is NOT a condition requiring medical attention?
- ☐ Significant swelling or dislocation of an extremity
  - ☐ Loss of consciousness
  - ☐ Head injury with disorientation and/or visual changes
  - ☐ Small scratch on an arm or leg
11. ☐ True ☐ False When treating blisters, abrasions and contusions, keep them clean.
12. ☐ True ☐ False Sunburn can occur on overcast days as well as sunny days.
13. ☐ True ☐ False It's important to keep a fresh supply of drinking water at all outdoor practices and competitions.
14. Hot, red skin; very high body temperature; shock; or unconsciousness are symptoms of:
- ☐ Heat Stroke
  - ☐ Heat Exhaustion
  - ☐ Heat Cramps
15. Muscular pains/spasms, usually in the legs or abdomen are symptoms of:
- ☐ Heat Stroke
  - ☐ Heat Exhaustion
  - ☐ Heat Cramps
16. Cool, pale, moist skin; rapid, weak pulse, weakness/dizziness, nausea/vomiting are symptoms of:
- ☐ Heat Stroke
  - ☐ Heat Exhaustion
  - ☐ Heat Cramps
17. ☐ True ☐ False Heat stroke should be treated as a life threatening emergency.
18. ☐ True ☐ False A concussion is a type of traumatic brain injury (TBI).
19. Which of the following are signs/symptoms a player may have a concussion: *(check all that apply)*
- ☐ Appears dazed or stunned
  - ☐ Loses consciousness (even briefly)
  - ☐ Coughing/sneezing
  - ☐ Headache or "pressure" in head
  - ☐ Confusion or concentration/memory problems
  - ☐ Rash on arms or legs
20. ☐ True ☐ False An athlete with a possible concussion may continue to play if he wants to.