

DATE: _____

NAME: _____

SCHOOL: _____



Kern County Concussion Consortium
KEEPING BRAIN INJURY TOP OF MIND

1. What are the general steps you should take if you suspect a player has had a concussion?
 - A. Provide them the District issued Preliminary Head Injury Report and Return to play forms.
 - B. Keep the player out of play until an appropriate healthcare professional indicates they are symptom free and give the okay to return to activity.
 - C. Seek immediate medical attention as necessary.
 - D. All of the above

2. Which of the following would indicate a medical emergency of a severe concussion and require rushing an athlete to the emergency department immediately?
 - A. The athlete seems slightly off balance, complains of a headache, did not lose consciousness, but just “isn’t feeling right.”
 - B. The athlete lost consciousness, is vomiting persistently and seems to become increasingly more confused and restless.
 - C. The athlete complains of a headache and appears slightly dazed or stunned.

3. Which of the following are signs of a concussion that you may identify?
 - A. The athlete appears stunned, is unsure of the game, score, or opponent, is confused about their assignment or position, and is answering questions slowly.
 - B. The athlete follows the rules for safety and the rules of the sport, practices good sportsmanship, and uses the proper equipment for the sport.
 - C. The athlete looks pale, their tongue is white, and after gently pinching the skin, it does not immediately snap back into place.

4. A concussion is a:
 - A. Type of traumatic brain injury (or TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.
 - B. A brain bruise.
 - C. Loud sound heard from far away.

5. If a player returns to activity before fully healing from the concussion they:
 - A. Are more likely to sustain another concussion
 - B. Will never have another concussion.
 - C. Will not sustain another concussion from a similar blow or jolt.

6. How can you help prevent concussions?
 - A. By ensuring that all athletes wear properly fitted protective equipment, practice good sportsmanship at all times, follow the rules of play.
 - B. By working with parents, athletes, and school and club administrators to spread awareness about concussions all year: pre-season, during the season, and post season.
 - C. Both A and B.

7. Which of the following are symptoms of a concussion that an athlete may describe?
 - A. The athlete complains of shoulder pain that radiates down the arm to a tingling feeling in the fingers.
 - B. The athlete feels weak, tired, and has stopped sweating.
 - C. The athlete states the lights hurt their eyes, they feel confused and complains of a headache.

8. When can an athlete return to play after a concussion?
 - A. As soon as they are feeling better.
 - B. After being evaluated by a health care professional.
 - C. After being cleared by a health care professional & after a five step process in which the athlete's activity level is slowly increased over a period of days, weeks, or months depending on the athlete's response to the increasingly challenging activities.

9. What is the first thing you should do as a coach when one of your players has sustained a bump or blow to the head or body and isn't acting right?
 - A. Immediately rush an athlete to the hospital—even if none of the Danger Signs are present.
 - B. Allow the athlete to finish out the quarter/period/half, etc. and then take the athlete for a medical examination.
 - C. Remove the athlete from play and refer to a health care professional.

10. How do you identify a concussion?
 - A. By looking at CT or MRI scans of an individual's brain.
 - B. By watching for different types of signs or symptoms, such as a change in the athlete's behavior, thinking, or physical functioning.
 - C. Asking an athlete if they had their "bell rung" in the last hit.

11. When can concussions occur?
 - A. Only when playing full contact sports.
 - B. Only when the individual who was hit or jolted loses consciousness.
 - C. In any organized or unorganized recreational sport or activity and most occur without loss of consciousness.