HEADS UP Concussion in Youth Sports
Online Training Post-Test

1. **Select the statements below that are <u>true</u>:**
   - A. A concussion is a brain injury.
   - B. Athletes should have more than one concussion symptom before they are removed from play.
   - C. Athletes who have ever had a concussion are at increased risk for another concussion.

2. **Select the statements below that are <u>true</u>:**
   - A. An athlete who is experiencing the effects of a concussion performs the same as an athlete who doesn't have a concussion.
   - B. I need permission from the athlete's parent to remove an athlete from play when a concussion is suspected.
   - C. Athletes who are removed from play because they are suffering from a concussion should return to play only after they are back to their regular school activities.
   - D. There is a possible risk of death if a repeat concussion occurs before the first one has healed.

3. **Which of the following would be considered <u>danger signs of the most serious type of head or brain injury</u> 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 "isn't feeling right."
   - B. The athlete lost consciousness, has slightly slurred speech, and seems to become increasingly more confused and restless.
   - C. The athlete complains of a headache and appears slightly dazed or stunned.

4. **Consider the following scenario: It is the last quarter of the championship game and your best athlete is knocked down and you think she may have hit her head. She continues playing, but you notice that she is not acting right. You call a time-out to talk to her. She says she is fine and wants to keep playing. What would you do?**
   - A. Require her to take a break before she returns to the game.
   - B. Allow her to finish the quarter since the game is almost over.
   - C. Require her to sit out for the rest of the day.
   - D. Immediately rush her to a hospital or emergency room.

5. **When should you talk to parents about the possible concussion their athlete may have had?**

   A. The evening of the event.
   B. The following day.
   C. Right away—before allowing the athlete to go home.
   D. Before the next game/match/event.

6. **Consider the following scenario: One of your athletes went to the emergency department to get checked for a concussion after yesterday's practice. When he arrives at practice today, what would you do?**

   A. Let him warm up with the team to see how he feels.
   B. Let him participate in the entire practice since he says he feels fine.
   C. Tell him you need a note from his health care provider to see if he can participate in practice.
   D. Tell him to take a break from practice today, and to come back tomorrow to play.

7. **Most athletes with a concussion feel better:**

   A. The next day
   B. Within a couple of weeks
   C. Within 1 to 2 months
   D. After 3 months or longer

8. **What percentage of athletes do researchers think try to hide their concussion symptoms from their coach?**

   A. Less than 20%
   B. Between 30% to 40%
   C. Between 60% to 70%
   D. More than 80%