Final Quiz for Coaches

1. 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.

2. 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.

3. 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.

4. Which of the following are signs of a concussion that you as a coach 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.

5. 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, “not right”, and complains of an odd headache with “pressure” in their head.
If an athlete has had a previous concussion they:
A. are more likely to sustain another concussion, especially if the first concussion has not had time to heal.
B. will never have another concussion.
C. will not sustain another concussion from a similar blow or jolt.

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 look for signs or symptoms of a concussion—even those that may appear hours later.

Which of the following would be considered Danger Signs 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, 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.

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 and 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.

When should you talk to the athlete’s parents about the possible concussion he/she may have had?
A. The evening of the event or the following day.
B. Immediately following the game or practice—before allowing the child to go home.
Information should be given to the parents regarding the signs and symptoms of concussion, encouragement to see a health care professional, and follow-up with parents regarding the status of the athlete.
C. Before the next game/match/event so as to make sure the child is cleared for play.

How can you help prevent concussions?
A. By ensuring that all athletes wear properly fitted gear, play with good sportsmanship at all times, and obey the rules of safety.
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.