

2009-10 Concussion Management Quiz  
Answers at Bottom

1. True or False – All concussions can be prevented with proper technique and good equipment.
  
2. Concussions can be caused by:
  - A. A blow to the head.
  - B. A blow to another part of the body with force transmitted to the head.
  - C. A sudden acceleration or deceleration of the brain causing it to impact the skull.
  - D. All of the above.
  
3. True or False – An athlete must lose consciousness to sustain a concussion.
  
4. Signs of concussion may include:
  - A. Athlete is dazed or confused
  - B. Athlete moves clumsily
  - C. Athlete can't recall recent events
  - D. All of the above
  
5. True or False – An athlete with signs or symptoms of a concussion can be returned to play with the approval of the parents.
  
6. An athlete with signs or symptoms of a concussion:
  - A. Must be removed from the practice or contest immediately.
  - B. Should be supervised for at least one to two hours.
  - C. May not return to play until written clearance is received from a licensed health care provider with training in concussion management and evaluation.
  - D. All of the above.

Answers:

1. False, 2. D, 3. False, 4. D, 5. False, 6. D