



## Quiz Answer Key

1. True or false: Players need to warm up before games, but not practice.
2. True or false: Mouthguards can help protect your teeth while you play sports.
3. Which activities are not good ways to warm up:
  - a) brisk walking, jogging
  - b) doing jumping jacks
  - c) jumping hurdles, lifting weights, sprinting
4. Wearing the right equipment with the right fit decrease your chances of getting hurt.
5. Write three signs a person may have had a concussion:  
any three of the following: headache or dizziness, feeling sick or throwing up, difficulty with coordination or balance, blurred vision, slurred speech or saying things that don't make sense, feeling confused, having difficulty concentrating, trouble remembering things, feeling sleepy or having trouble falling asleep, feeling anxious or irritable for no apparent reason, feeling sad or more emotional than usual