Safety & Risk Management:

“Final Exam”

Employee Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Coaches and instructors must adjust their level of supervision along the continuum between direct and indirect supervision many times during a practice or a class, based on the needs of the situation.
   1. True
   2. False
2. Which of the following is not a step that should be taken if abuse is suspected?
   1. Interrupt the misconduct
   2. Report to a club administrator
   3. Do nothing, since you are unsure
   4. Consult legal counsel regarding reporting to law enforcement
3. Which is one of the most important and controllable factors in risk management?
   1. Facilities
   2. Officials scores
   3. Lawsuits
   4. Enrollment
4. Which of the following is NOT a task of teaching?
   1. Telling stories to the athletes
   2. Correcting technique errors
   3. Providing feedback
   4. Utilizing skill progressions
5. What is the difference between an instructor and a coach?
   1. Instructors and coaches are the same
   2. An instructor teaches students who participate in gymnastics at a preschool and recreational level. A coach instructs, guides, and prepares students for gymnastics competition.
   3. Instructing requires less supervision than coaching
   4. The type of matting that is used under the apparatus
6. Which area of preparation forms the foundation for the other preparation areas of technical, tactical and psychological?
   1. Technical
   2. Physical
   3. Philosophical
   4. Psychological
7. What is the most important aspect of dealing with a catastrophic injury?
   1. Providing R.I.C.E
   2. Call the gym owner
   3. Activating the emergency lesson plan
   4. Doing nothing, the athlete will recover on her own
8. Prior to learning difficult skills on a trampoline, what should the athlete be capable of performing?
   1. Seat drop
   2. Fundamental bounces
   3. Proper landings
   4. Both “B” and “C”
9. What is the goal of the spotter?
   1. Prevent other falls and/or injuries
   2. Manipulate and support the gymnast so that he/she completes the skill
   3. Build the gymnast’s self-confidence while performing a new skill
   4. Prevent the gymnast from sustaining a serious injury such as falling into his/her head and neck
10. Proper supervision involves which of the following?
    1. Looking in only one area
    2. Being familiar with the activity
    3. Allowing athletes to move around the gym by themselves
    4. Overseeing only practice times
11. All gymnastics professionals should work to eliminate private situations that may make abuse possible.
    1. True
    2. False
12. Preventing abuse involves which of the following tactics?
    1. Understanding relationships and predatory behaviors
    2. Interrupting predatory tactics
    3. Eliminating opportunities for abuse
    4. All of these tactics can help prevent abuse
13. A successful coach-athlete relationship is built on trust and power.
    1. True
    2. False
14. Which of the following is part of the emergency action plan?
    1. All of these are part of an emergency action plan.
    2. Assigning roles
    3. Cooperation with emergency medical personnel
    4. Pre-planning and practice
15. Which of the following is (are) a symptom of a concussion?
    1. Double vision
    2. Confusion
    3. Sensitivity to noise
    4. All of these are symptoms
16. Which of the following is a goal of spotting?
    1. Keep the gymnast from landing on his/her head
    2. Prevent other serious falls
    3. All of these are goals of spotting
    4. Manipulate the gymnasts body position and position in space to enhance skill earning
17. There are times when unsupervised gymnastics is allowed in the gymnastics setting.
    1. True – must look at a case-by-case basis
    2. False – unsupervised gymnastics should never be allowed
18. Staffing requirements should consider the number of personnel needed to operate a facility safely and efficiently.
    1. True
    2. False
19. Which of the following should be considered regarding staff assignments?
    1. Area of expertise
    2. Instructor : student ratio
    3. Staff member’s hair color
    4. Both “A” and “B” should be considered
20. Facility concerns for public events are similar to those involved in a training facility. Which of the following aspects should also be considered for public events?
    1. Ticket sales and entrance enforcement
    2. Hospitality areas
    3. Crowd control
    4. All of these should be considered
21. What causes overuse injuries?
    1. Falling off of the trampoline
    2. Entering the pit head first
    3. Repetitive micro-trauma to the tendons, bones, and joints
    4. Warming up for more than fifteen minutes
22. Which of the following is NOT one of the basic steps for the gymnastics professional in preparation for teaching and/or coaching?
    1. Recount competition stories
    2. Properly plan the activity
    3. Supervise the activity appropriately
    4. Educate regularly
23. Risk management is NOT a means of safety and injury prevention
    1. True
    2. False