Safety & Risk Management:

Quiz #1-15

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

Quiz#1:

1. Which of the following is not one of the basic steps for the gymnasts professional in preparation for teaching and/or coaching?
   1. Provide appropriate emergency assistance
   2. Know the gymnasts
   3. Have detailed knowledge of the gyms insurance policy
   4. Keep informed
2. Safety practices such as participating in continuing education and providing adequate equipment are part of a well-managed gymnastics program as well as qualities of a good gymnastics coach.
   1. True
   2. False
3. Which of the following is NOT one of the purposes of Safety and Risk Managements Certification?
   1. Increase awareness of safety issues
   2. Enhance professionalism
   3. To learn how to teach gymnastics skills
   4. Prepare for the future
4. Why do gymnastics professionals need safety certification?
   1. Teach elite level skills
   2. Diagnose and treat injuries
   3. Increase safety awareness and help prevent injuries
   4. Complete all education needed in the sport of gymnastics
5. Which of the following employees should be educated in the area of risk management?
   1. Cleaning personnel
   2. Office manager and assistants
   3. Instructors and coaches who work more than two hours per week
   4. All of these employees should receive risk management education

Quiz#2:

1. Risk involves which of the following?
   1. Danger
   2. Peril
   3. Hazard
   4. All of the above
2. What is the primary area of concern (risk) in gymnastics?
   1. Risk of a lawsuit
   2. Risk of an injury
   3. All of these
   4. Risk of losing
3. What are the four basic steps of a risk management process?
   1. Rest, ice, compression, elevation
   2. Airway, breathing, circulation, CPR
   3. Assess, select, implement, monitor
   4. Duty, breach of duty, cause, damage
4. Risk management is NOT a means of safety and injury prevention
   1. True
   2. False
5. Complete the following sentence. Risk management is a process…
   1. For training staff
   2. None of these
   3. For coaching optional gymnasts
   4. Not an outcome

Quiz#3:

1. Who should be included as part of the “safety team”?
   1. Only coaches and instructors
   2. Club owners, coaches and instructors, judges, athletes, and parents
   3. Only club owners
   4. Coaches and athletes
2. The “Selection Phase” involves developing the plan for managing risks.
   1. True
   2. False
3. Gymnastics “culture can be thought of as the tone or character of a program. Which of the following cultures could lead to greater risk and potential for injuries?
   1. Learning correct gymnastics skills
   2. Gymnastics is fun
   3. Every child is a star
   4. Win at all costs
4. Assessing a gymnastics program for risks includes which of the following aspects?
   1. All of these aspects are involved with assessment
   2. Analyze risks
   3. Prioritize risks
   4. Identify risks
5. Continually scrutinizing the results of the plan and making adjustments as needed is part of which phase in the risk management process?
   1. Monitoring
   2. Assessment
   3. Selection
   4. Implementation

Quiz #4:

1. What is one of the most important and controllable factors in risk management?
   1. Lawsuits
   2. Enrollment
   3. Facilities
   4. Official’s Scores
2. Which of the following is considered part of the “facility”?
   1. External grounds
   2. The gym area
   3. All of these are considered part of the facility
   4. Offices
3. Who should be allowed to use the apparatuses and equipment?
   1. Anyone who has paid tuition
   2. Siblings of registered athletes who are potential new customers
   3. Only participants who have been educated about the safe use of the apparatus/equipment and have (along with parents) signed appropriate documentation
   4. Staff and athletes with experience
4. When a hazard is identified, what steps should be taken?
   1. Ignore the hazard
   2. Eliminate the hazard or exposure to the hazard
   3. Complain to a fellow coach
   4. None of the items listed
5. Staff and participants do not need specific education regarding unique safety issues for the facility
   1. True
   2. False

Quiz #5:

1. What is the difference between apparatus and equipment?
   1. There is no difference
   2. Apparatus are those items used directly for competition and equipment includes items used for training purposes
   3. Apparatus are big pieces of equipment
   4. Apparatuses and equipment are the same thing
2. No one should ever be allowed on apparatus or equipment with supervision EXCEPT:
   1. Team athletes
   2. No one means “No One”
   3. Coaches and instructors
   4. High Level Gymnasts
3. Which of the following factors should be considered for appropriate selection and use of gymnastics apparatus and equipment?
   1. Gymnastics skills being performed
   2. Age and size of the athletes
   3. All of these factors should be considered
   4. Ability of the gymnasts
4. Gymnasts and coaches should work together to ensure which of the following regarding personal equipment items ( ex. grips, gymnastics shoes, braces etc.)
   1. All of the above
   2. Appropriate usage
   3. Safety
   4. Proper fit

Quiz #6:

1. Which of the following statements is a result of appropriate class/practice management.
   1. Help reduce behavior problems
   2. Help reduce injuries
   3. Increase the fun of gymnastics
   4. All of these are results of good management
2. Proper supervision involves which of the following?
   1. Being familiar with the activity
   2. Overseeing only practice times
   3. Looking in only one direction
   4. Allowing athletes to move around the gym by themselves
3. Which of the following is NOT a task of teaching?
   1. Utilizing skill progressions
   2. Providing feedback
   3. Telling stories to the athletes
   4. Correcting technique errors
4. The number of athletes under the care and direction of an instructor or coach should be consistent with which of the following?
   1. All of the listed factors should be considered
   2. Level of ability and experience of the instructor or coach
   3. Skill level of the athletes
   4. Age and gender of the athletes
5. There are times when unsupervised gymnastics is allowed in the gymnastics setting?
   1. True
   2. False

Quiz #7:

1. Which of the following best describes zero tolerance?
   1. No gymnastics professional or gymnastics club should tolerate physical or sexual abuse
   2. Abuse is tolerated in certain situations
   3. The club owner suspecting the sexual abuse should observe the professional for one month to see if his/her actions continue.
   4. Don’t ask, don’t tell.
2. Which USA Gymnastics’ policy identifies behaviors considered physical and sexual abuse and affirms the organizations commitment to the welfare of gymnastics participants?
   1. Bylaws
   2. Participant welfare policy
   3. Code of ethical conduct
   4. Rules and policies
3. Preventing abuse involves which of the following tactics?
   1. Interrupting predator tactics
   2. Eliminating opportunities for abuse
   3. All of these tactics can help prevent abuse
   4. Understanding relationships and predatory behaviors
4. “Grooming” is the prolonged and purposeful tactics of a predator to target and gain the detection. Which of the following statements is NOT true about the grooming process?
   1. Predators maintain control of a victim through attention, affection, and gifts
   2. Predators develop a special relationship with their victim, fulfilling the victims needs
   3. Grooming usually occurs within a day or two
   4. Predators often find opportunities to isolate the victim.
5. Which of the following is NOT a step that should be taken if abuse is suspected?
   1. Consult legal counsel regarding reporting to law enforcements
   2. Report to a club administrator
   3. Interrupt the misconduct
   4. Do nothing, since you are unsure

Quiz #8:

1. Which of the following are members of the safety team?
   1. Coaches
   2. Judges
   3. All of the individuals are members of the safety team
   4. Meet directors
2. Which of the following is an example of ethical behavior?
   1. Cheating
   2. Gossiping
   3. Doing the right things at the right time
   4. Skipping work
3. Ethical practices are risk control technique?
   1. True
   2. False
4. Which of the following best defines “ethics”?
   1. Moral behavior that often affects the organization
   2. Doing whatever is easiest
   3. Befriending all participants
   4. None of these define ethics
5. Which of the following is a responsibility of an official at a competition?
   1. Work to ensure a safe experience
   2. Enforcements of the rules of gymnastics
   3. Asses the safe placement, set-up, and configuration of apparatus
   4. Officials are responsible for all of these duties

Quiz #9:

1. Which of the following is NOT a component of physical fitness?
   1. Skill progressions
   2. Muscular strength
   3. Flexibility
   4. Cardio-respiratory endurance
2. Which preparation area is considered the “engineering” of gymnastics?
   1. Technical
   2. Psychological
   3. Physical
   4. Tactical
3. Which of the following areas of gymnastics preparation can help in injury prevention?
   1. Technical
   2. Philosophical
   3. Physical
   4. All of these areas can help with injury prevention
4. Physical preparation begins with what?
   1. A conditioning program
   2. Flexibility training
   3. A healthy athlete
   4. Discipline
5. The term “tactics” refers to which of the following?
   1. Warm-up
   2. Physical fitness
   3. Readiness for participation
   4. Strategy

Quiz #10:

1. Injury prevention in sports medicine includes all of the following EXCEPT:
   1. Education
   2. Proper treatment and rehabilitation
   3. Identification of risk behaviors
   4. Avoidance of medical treatment
2. The acronym R.I.C.E stands for which of the following four words?
   1. Rest, Inflammation, Compression, Emergency
   2. Recovery, Isolation, Circulation, Elevation
   3. Rest, Ice, Compression, Elevation
   4. Render, Incident, compound, Emergency
3. Which of the following is part of the emergency action plan?
   1. All of these should be part of the emergency action plan
   2. Assigning roles
   3. Pre-planning and practice
   4. Cooperation with emergency medical personnel
4. What is the primary job of sports medicine?
   1. Eliminating injuries
   2. Training coaches on the proper technique of taping ankles
   3. Educate instructors and coaches on how to diagnose an injury
   4. Injury prevention
5. The gymnastics professional’s role in emergency situations includes which of the following?
   1. All of these are part of the gymnastics professionals role
   2. Recognize that an emergency exists
   3. Provide care until help arrives
   4. Call 911

Quiz #11:

1. Which of the following best describes a concussion?
   1. Affects the function of the brain
   2. A type of traumatic brain injury
   3. All of these describe a concussion
   4. Due to a force applied to the brain
2. What is MRSA?
   1. Muscles resistant to skin abrasions
   2. Highly drug-resistant strain of bacteria that cause a variety of skin lesions
   3. Catastrophic injury
   4. Guidelines for Universal Precautions for blood and bodily fluids
3. What causes overuse injuries?
   1. Repetitive micro-trauma to the tendons, bones, and joints
   2. Entering the pit head first
   3. Warming up for more than fifteen minutes
   4. Falling off the trampoline
4. Which of the following are a symptom of a concussion?
   1. Sensitivity to noise
   2. Double vision
   3. All of these are symptoms
   4. Confusion
5. Gymnastics professionals are responsible for all of the following in regards to concussions, EXCEPT:
   1. Remove the gymnast from participation if signs/symptoms of a concussion exist
   2. Clear the athletes to return to gymnastics activities following a concussion
   3. Recognize if an athlete is displaying signs and symptoms of a concussion
   4. Be aware of concussion signs and symptoms

Quiz #12:

1. Which of the following is a goal of spotting?
   1. Manipulate the gymnasts body position and position in space to enhance skill learning
   2. Prevent other serious falls
   3. All of these are goals of spotting
   4. Keep the gymnast from landing on his/her head
2. Spotting is 100% fail-safe
   1. False
   2. Depends on the skill
   3. True
   4. It is only fail-safe when using a spotting belt
3. Which statement is true?
   1. Spotting should not be used as a substitute for sound progressions
   2. Spotting is required for skill learning
   3. The strength of the spotter is not an issue in spotting
   4. Spotting should be used as a substitute for sound progressions
4. Spotting is an aid to independent skill performance.
   1. Depends on the skill
   2. False
   3. True
   4. Depend on the athlete

Quiz #13:

1. Who are the main people that should be involved in the removal of a seriously injure gymnast from a foam pit?
   1. All employees
   2. Trained medical service personnel
   3. Parents/guardians
   4. Office staff
2. What is the purpose of training pits?
   1. Reduce the harshness of impacts and landings for the athlete
   2. Eliminate serious falls
   3. Reduce the stress on the spotter
   4. eliminate the need for skill progressions
3. The S.T.O.P acronym stands for Stop, Talk, Observe, and Prevent further injury.
   1. “S” stand for sit
   2. False
   3. This acronym refers to landing
   4. True
4. Which of the following is not safety guideline for a training pit?
   1. Athletes should enter the pit one at a time
   2. Pits should be used only under supervision
   3. Horseplay is only permitted during birthday parties
   4. The best landing position in a pit are on the middle of the back, feet first, or sitting position

Quiz #14:

1. What is the purpose of rebound devices?
   1. Increase skill spotting
   2. Reduce the repetitive stress of acrobatic activities on normal competitive surfaces
   3. Eliminate skill progressions
   4. Increase the amount of time it take a gymnast to learn skills on competitive apparatus
2. Prior to learning difficult skills on a trampoline, what should the athlete be capable of performing?
   1. Both fundamental bounces and landing
   2. Proper landings
   3. Fundamental bounces
   4. Seat drop
3. Which of the following is a general guideline for rebound devices?
   1. Activities can be supervised
   2. It is alright to store objects under a trampoline bed
   3. Uncontrolled bouncing is acceptable
   4. Only one person should use a rebound device at a time

Quiz #15:

1. All of the following are responsibilities of gymnastics EXCEPT:
   1. Dress appropriately
   2. Be prepared to participate
   3. Show up late to practice
   4. Be supervised
2. Gymnastics should be trained so they are aware of, and thus partially responsible for, the safe conduct of gymnastics.
   1. True
   2. True, with the exception of specific pieces of apparatus
   3. False
   4. This only applies to competitive gymnasts
3. Which of the following is NOT part of the gymnast’s role in safety?
   1. Commit to the entire skill
   2. Control personal grooming
   3. Appreciate the risk of the activity
   4. Assume apparatus and equipment have been checked.
4. A gymnast’s responsibilities in preventing injuries should be based on which of the following?
   1. Experience
   2. Age
   3. All of these factors should be considered
   4. Specific situational context