

Name: ANSWER KEY

Date: _____

Block: _____

Introduction to Sports Medicine

Section 1: Introduction and Principles of First Aid

Fill-In Questions

1. What is the single most important action you can do during an emergency?

CALL 911 OR LOCAL EMERGENCY NUMBER

2. What is the worst thing you can do in an emergency?

DO NOTHING

3. Your role in the EMS system includes four basic steps:

- RECOGNIZE EMERGENCY
- DECIDE TO ACT
- CALL 911
- PROVIDE CARE

4. List the three steps to take in an emergency:

- CHECK SCENE FOR SAFETY : CHECK INJURED
- CALL FOR HELP
- CARE FOR PATIENT UNTIL HELP

Multiple Choice

5. Universal precautions are safety measures which include: (Circle all that apply)

- a. Calling 911 or local emergency number
- b. Not washing hands immediately after giving care
- ☒ c. Avoiding objects soiled with blood or bodily fluid
- ☒ d. Wearing disposable latex or nitrile gloves

6. Signals of a life threatening injuries include: (Circle all that apply)

- ☒ a. Severe Bleeding
- ☒ b. No breathing
- ☒ c. Breathing difficulty
- ☒ d. No Pulse

7. While waiting for EMS Personnel, you should: (Circle all that apply)

- a. Remove perspiration-soaked clothing
- ☒ b. Reassure the injured person
- ☒ c. Watch for changes in breathing and consciousness
- d. All the above

True or False

8. True

False

If a scene is unsafe, tell bystanders to step back and carefully approach the athlete

9. True

False

After checking the scene the next thing to check is if the athlete is conscious

10. True

False

Unconsciousness is not life threatening

Scenarios

11. After practice, one of your young gymnasts runs up to you and tells you another gymnast has passed out after wandering into the supply room down the hall from the locker room. What would you do first?

SCENE MAYBE UNSAFE - GAS OR OTHER SUBSTANCE
WHICH MAY BE CAUSE FOR UNCONSCIOUSNESS.
IF POSSIBLE, REMOVE GYMNAST.

12. On the sidelines at a track meet, you see the father of one of your runners grasp his chest and suddenly collapse to the ground. He does not appear to be breathing. What would you do?

CHECK SCENE, CHECK INJURED

CALL 911, PROVIDE CARE

13. At the start of practice, one of your soccer players says he has been feeling an unusual "tightness" in his chest for several hours. Suddenly he feels a severe chest pain and seems to be having breathing difficulty. An athletic trainer is not present at the field. What would you do?

CALL 911, LIFE THREATENING INJURY

14. The pitcher on your baseball team has been struck in the ankle by a line drive. He falls to the ground in pain and is unable to move his foot. An athletic trainer is not present at the field. What would you do?

NOT LIFE THREATENING, CARE FOR INJURY
STABILIZE, MAY STILL HAVE TO CALL 911