

Q1 Jack is the top scorer on his lacrosse team. They are playing a big, physical team that is currently winning the game by a score of 3-1. At the start of the 3rd period, one of the players hits Jack from behind, and he goes into the boards head first. He is feeling dizzy and “seeing stars” after the hit. When he is helped back to the bench, the coach asks Jack if he’s ok to keep playing. Jack wants to help his team win, as this game could help them get to the playoffs later in the season.

Should Jack push on and finish the game even though he’s not feeling right?

YES

If you chose this answer,
go to the **GREEN** flag!

NO

If you chose this answer,
go to the **RED** flag

Q2 Genevieve is playing with some friends at school when she slips on the ice and hits her head. She feels a little funny at first, but it quickly passes. Later that week, Genevieve has a basketball game. As she's running around during warm up she gets a headache. Genevieve doesn't understand why this headache has come out of nowhere, but continues playing.

Should Genevieve tell her coach or trainer about her headache?

YES

If you chose this answer,
go to the **YELLOW** flag!

NO

If you chose this answer,
go to the **PURPLE** flag!

Q3 In the final game of last season, Randy was hit in the head and diagnosed with a concussion. The effects last for more than 2 months. The new season has begun and Randy's new head coach gives a speech about what it takes to win. Being a top "Junior C" team, many of the players are hoping to earn a scholarship, to play Major Junior, or even pro hockey one day. The coach tells them that they should be willing to 'sacrifice their bodies' for the team, and that they'll have to play with 'bumps and bruises'. The next day, during the first game of the season, a teammate is checked hard against the boards. He is slow getting up and looks dazed as he makes his way to the bench. Randy then overhears the coach tell the player that he needs to play through the pain.

Should Randy speak up and tell the coach he's wrong and that the player needs to step off the ice to be assessed for a concussion?

YES

If you chose this answer,
go to the **ORANGE** flag!

NO

If you chose this answer,
go to the **BLUE** flag!

Q4 Bruce is the coach of the high school varsity ringette team. During a practice, he notices one of his defenders, Rainuka, is staring off and seems to be day dreaming but he doesn't think much of it. After an hour or so, he realizes that although Rainuka acknowledges his suggestions and direction, she's not following the drills and plays. The next day, the same thing happens. When Bruce asks Rainuka, she says that she hasn't been sleeping well but, that it's "probably nothing".

**Should Bruce tell Rainuka and her parents
that she needs to see a doctor?**

YES

If you chose this answer,
go to the **WHITE** flag!

NO

If you chose this answer,
go to the **BLACK** flag!

Q5 Your friend, Anthony, tells you about a defensive player on his soccer team who got a concussion last week. Anthony doesn't think his teammate is symptom free, but says that he'll be playing in this week's game against your team. You know that he'll be hesitant to play balls in the air with his head, and when you tell your teammates about the player's injury, one of them suggests you play more balls in the air towards that player.

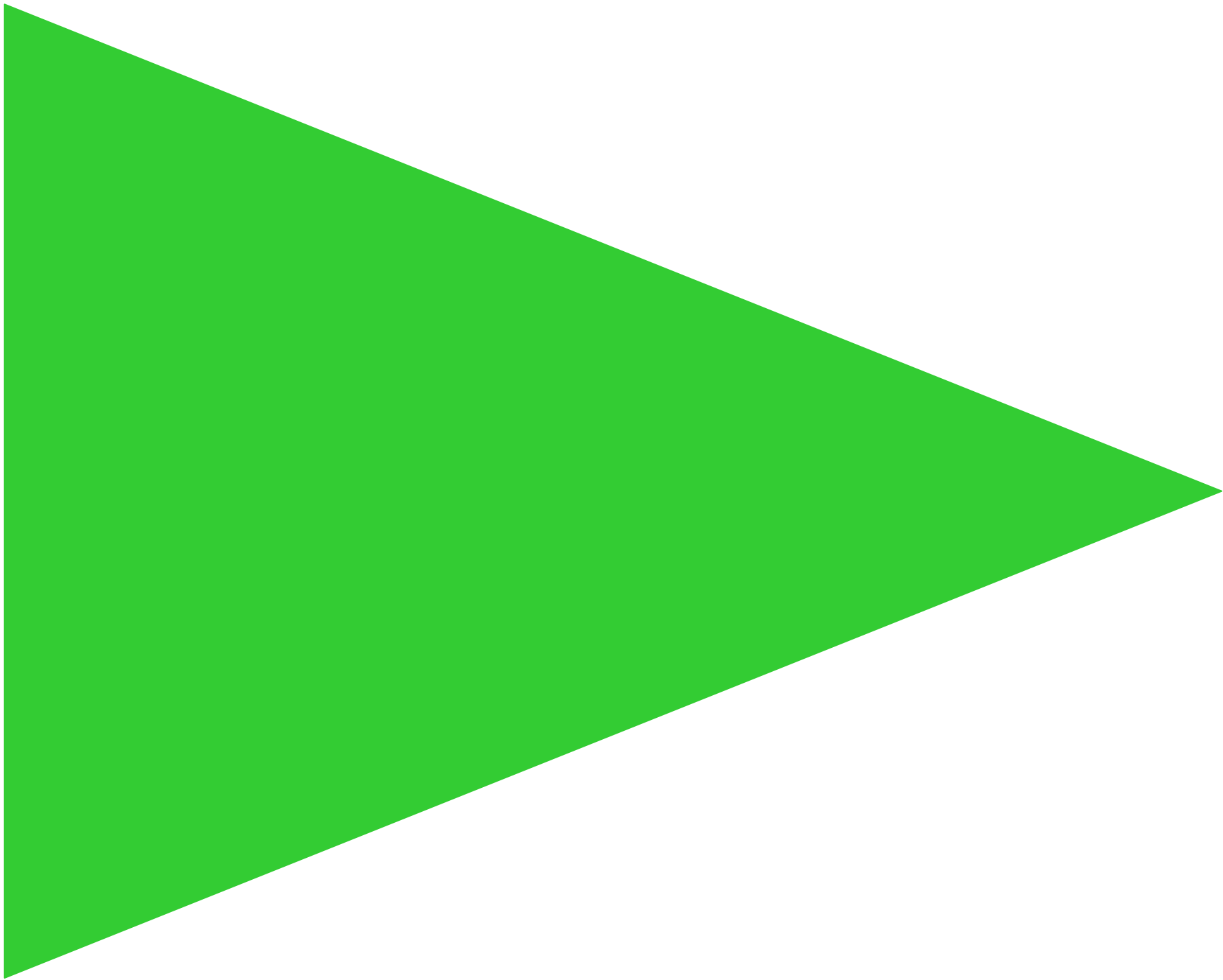
Should you use the player's injury as a way to get better chances to score?

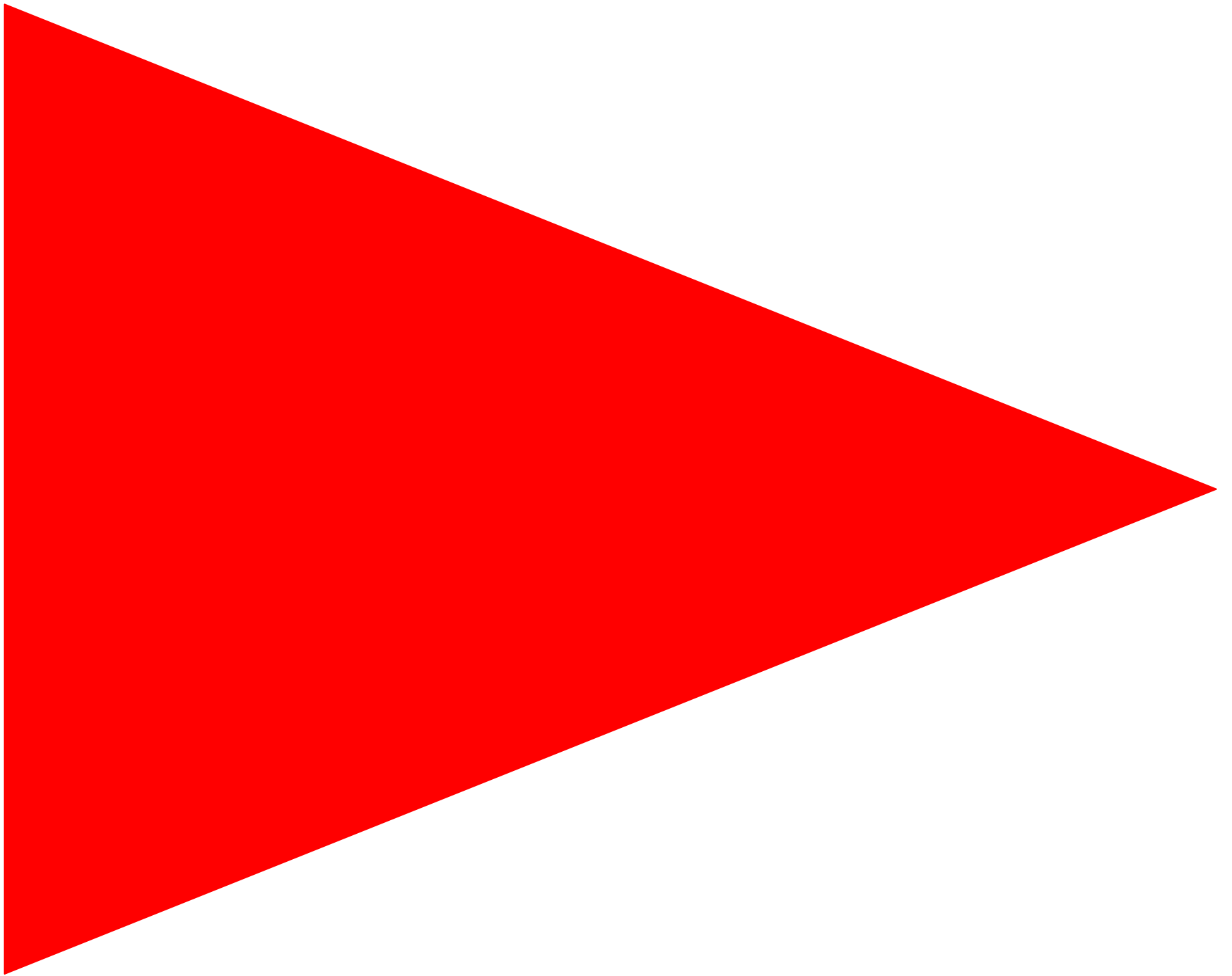
YES

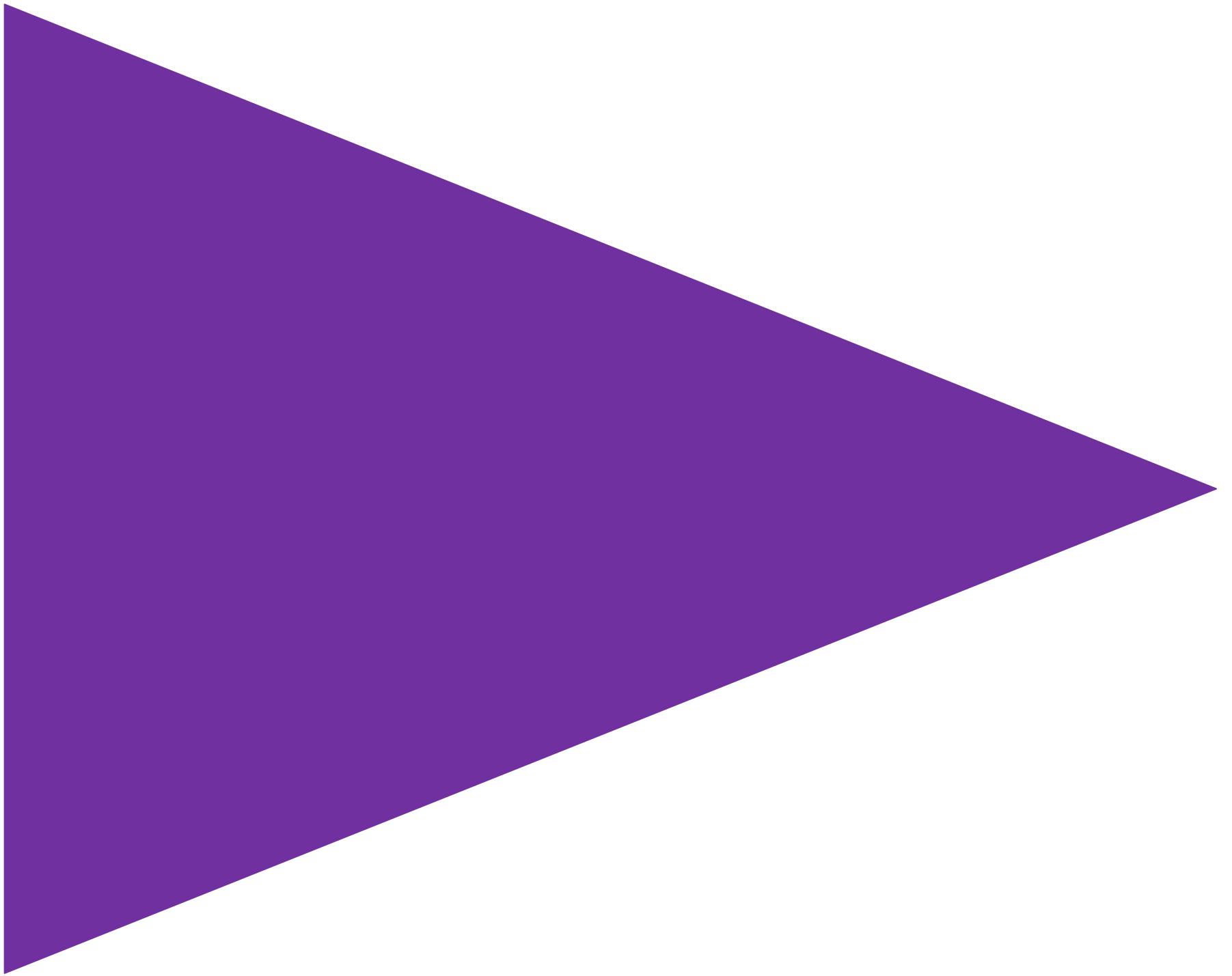
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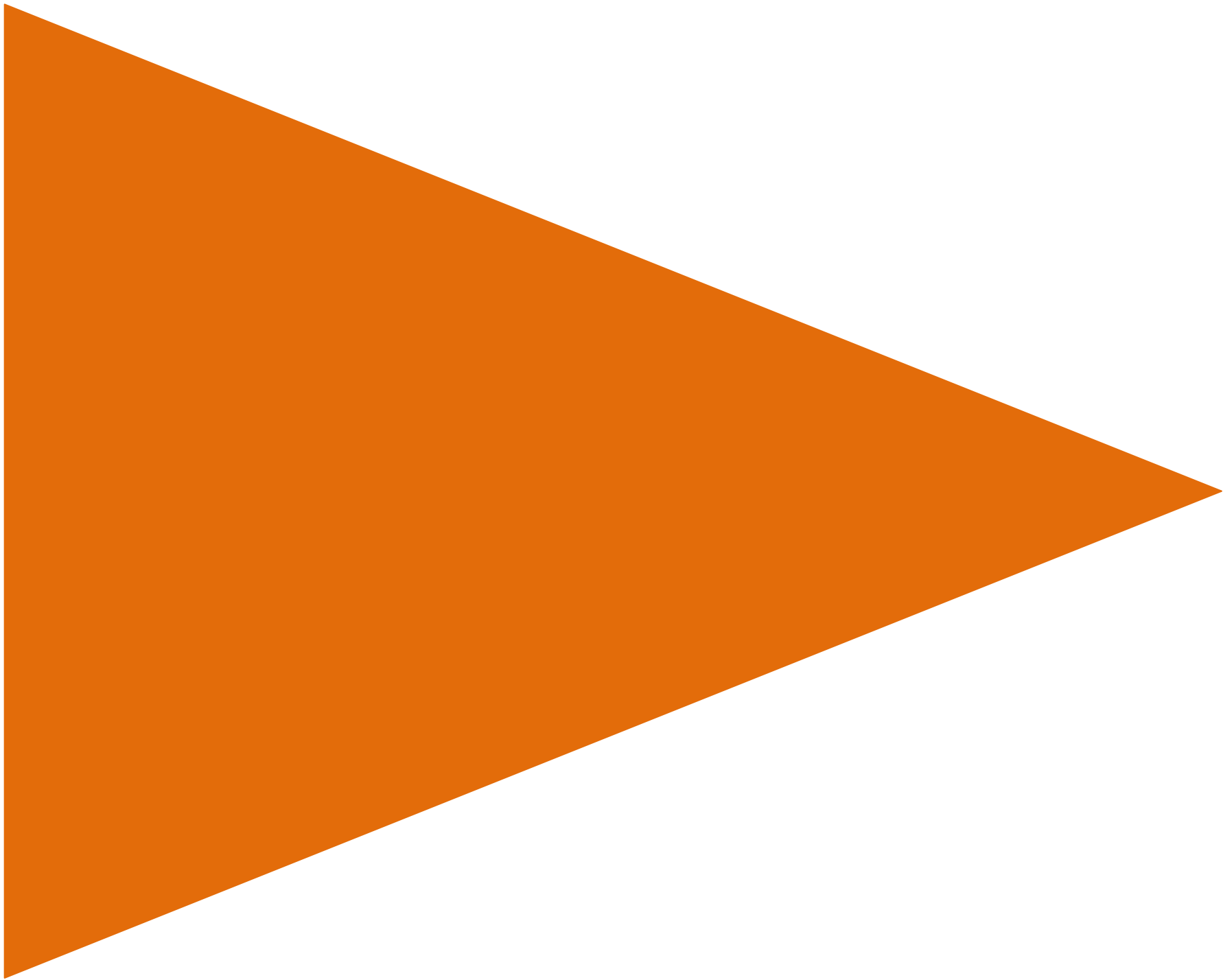
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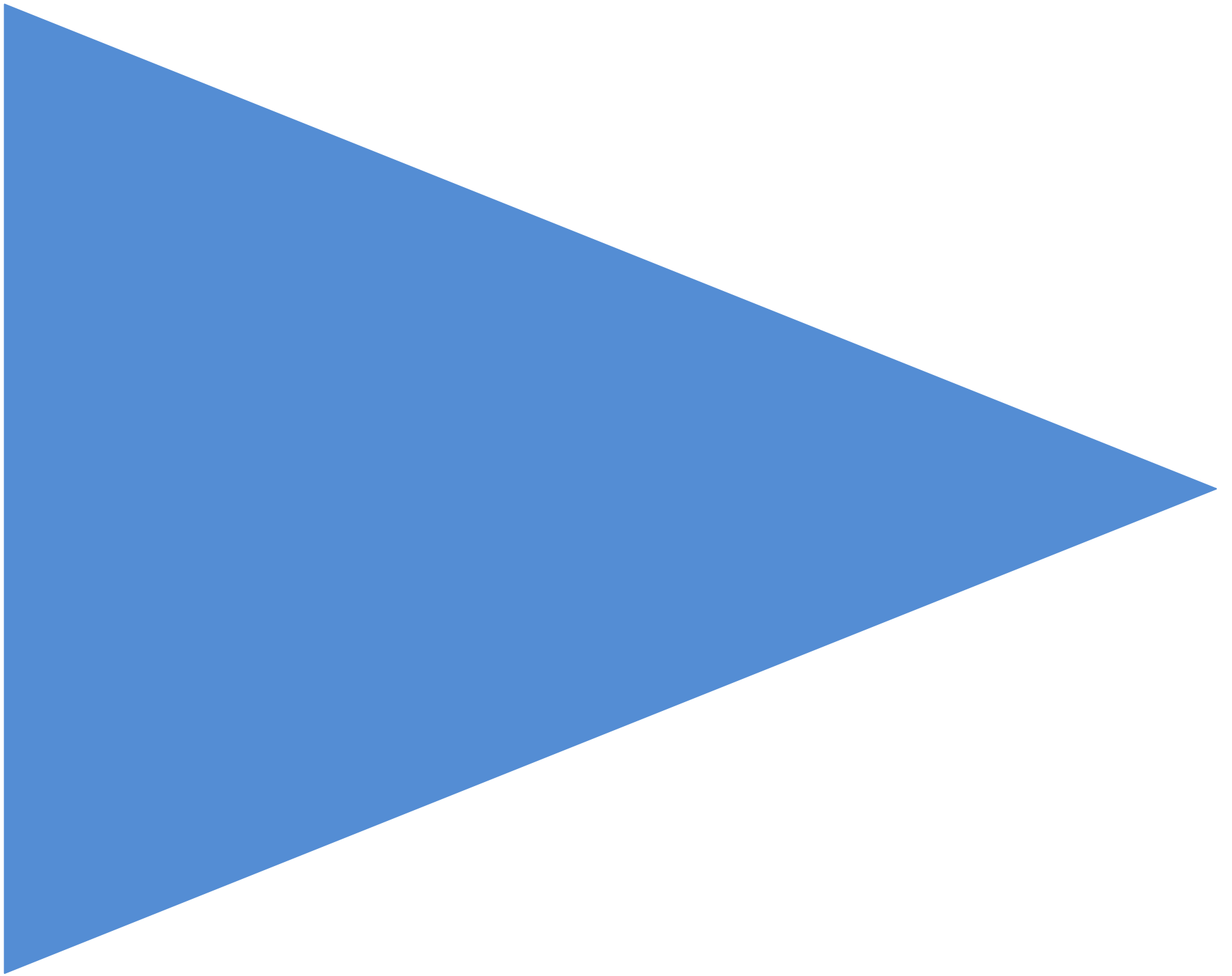
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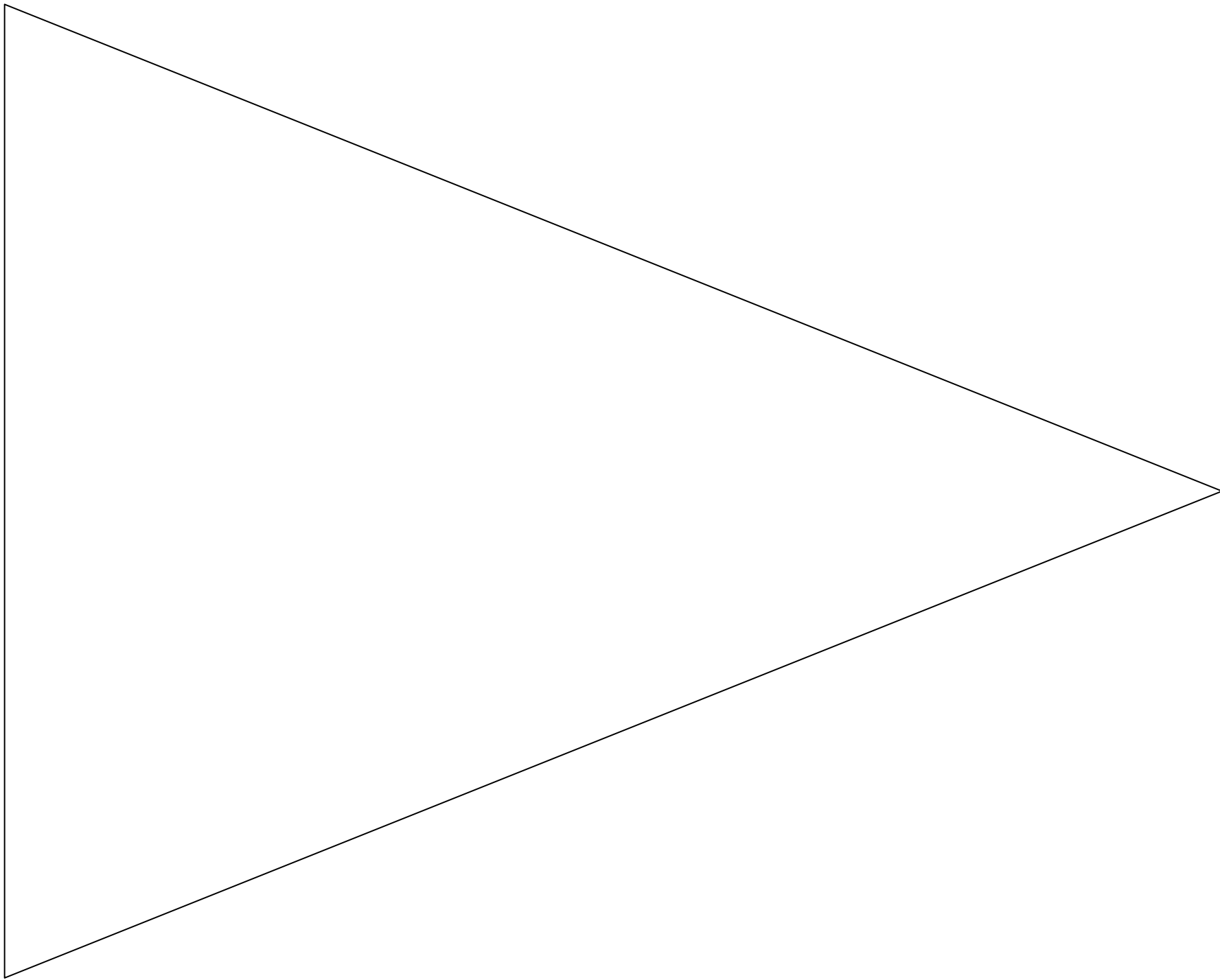


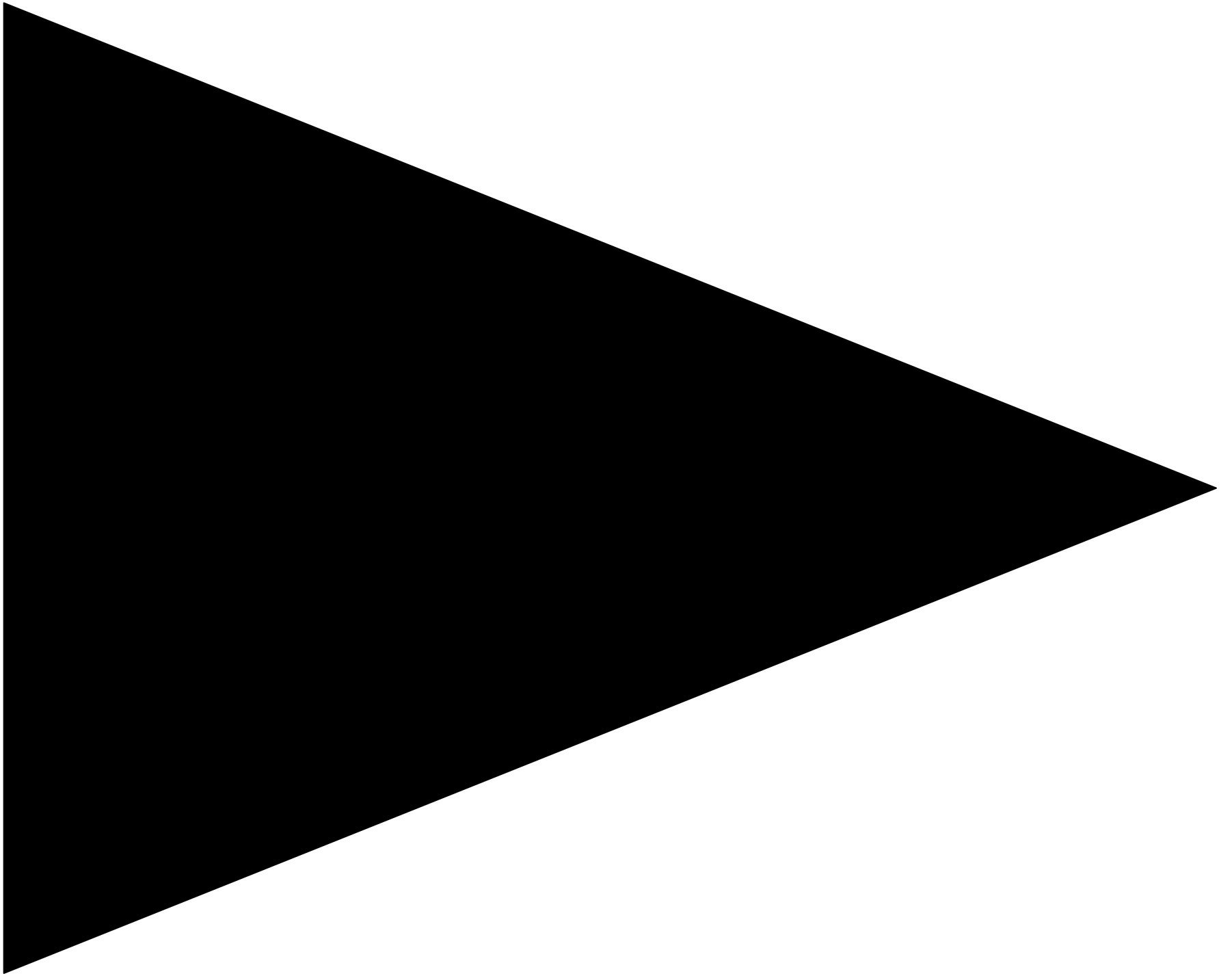












START

FMMSW



Place at GREEN flag.

Do 10 Jumping Jacks!
Then go to the RED flag.



Place at PURPLE flag.

Do 10 Push Ups!

Then go to the YELLOW flag.



Place at BLUE flag.

Do 10 Sit Ups!

Then go to the ORANGE flag.



Place at BLACK flag.

Do 10 Squats!

Then go to the **WHITE flag.**