



Concussion Awareness Information Session Questionnaire

PAGE 1 – PLEASE FILL OUT BEFORE THE PRESENTATION

With 1 being low and 7 being high, please rate each of the following on the scale by circling a number;

- | | | | | | | | |
|-------------------------------------------------------|---|---|---|---|---|---|---|
| 1. My awareness of the Active & Safe Program: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. My awareness of the need for Concussion Education: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. My knowledge of Concussion Information: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. My ability to promote Concussion Education: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. My ability to help prevent Concussion Injuries: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Please circle the one response which you feel best answers each question below;

- | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. A concussion happens:</p> <p>a. Any time there is a blunt force trauma to the body, jaw or skull</p> <p>b. Because there is a lack of oxygen to the brain that reduces blood flow</p> <p>c. Only when a person gets 'knocked out' or becomes unconscious</p> <p>d. When the brain suddenly shifts, shakes, or rotates inside the skull and knocks against the inner surface</p> | <p>2. Which <u>one</u> of these statements is <u>false</u>:</p> <p>a. Students are encouraged to 'Return to Learn' immediately following a concussion</p> <p>b. 'Return to Play' includes 6 steps a minimum of 24 hours apart (a one week minimum)</p> <p>c. 80-90% of people fully recover from a concussion within 1-3 weeks</p> <p>d. People who have had one concussion seem to be more susceptible to another</p> | <p>3. Which <u>one</u> of these statements is <u>true</u>:</p> <p>a. Helmets are proven to reduce the number of concussions</p> <p>b. Wearing a CSA approved helmet will prevent a concussion</p> <p>c. There is no such thing as a concussion-proof helmet</p> <p>d. Wearing a mouth guard reduces the likelihood of a concussion</p> |
| <p>4. Which of the things listed below <u>is not</u> a sign or symptom of a concussion:</p> <p>a. Neck Pain</p> <p>b. Nose Bleed</p> <p>c. Blurred Vision</p> <p>d. Slurred Speech</p> | <p>5. Other than the signs or symptoms listed in question 4, what are three <u>other</u> signs or symptoms of a concussion:</p> <p>a.</p> <p>b.</p> <p>c.</p> | <p>6. The 'Danger Zone' for an on-ice hockey-related concussion is:</p> <p>a. When the player is leaving the bench</p> <p>b. When the player is up against the boards</p> <p>c. When the player is 3-4 feet from the boards</p> <p>d. When the player is in front of the net</p> |



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PAGE 2 – PLEASE FILL OUT AFTER THE PRESENTATION

With 1 being low and 7 being high, please rate each of the following on the scale by circling a number;

- | | | | | | | | |
|-------------------------------------------------------|---|---|---|---|---|---|---|
| 6. My awareness of the Active & Safe Program: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. My awareness of the need for Concussion Education: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. My knowledge of Concussion Information: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. My ability to promote Concussion Education: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. My ability to help prevent Concussion Injuries: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. My overall satisfaction with the presentation: | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Please circle the one response which you feel best answers each question below;

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>7. A concussion happens:</p> <ul style="list-style-type: none"> a. Any time there is a blunt force trauma to the body, jaw or skull b. Because there is a lack of oxygen to the brain that reduces blood flow c. Only when a person gets 'knocked out' or becomes unconscious d. When the brain suddenly shifts, shakes, or rotates inside the skull and knocks against the inner surface | <p>8. Which <u>one</u> of these statements is <u>false</u>:</p> <ul style="list-style-type: none"> a. Students are encouraged to 'Return to Learn' immediately following a concussion b. 'Return to Play' includes 6 steps a minimum of 24 hours apart (a one week minimum) c. 80-90% of people fully recover from a concussion within 1-3 weeks d. People who have had one concussion seem to be more susceptible to another | <p>9. Which <u>one</u> of these statements is <u>true</u>:</p> <ul style="list-style-type: none"> a. Helmets are proven to reduce the number of concussions b. Wearing a CSA approved helmet will prevent a concussion c. There is no such thing as a concussion-proof helmet d. Wearing a mouth guard reduces the likelihood of a concussion |
| <p>10. Which of the things listed below <u>is not</u> a sign or symptom of a concussion:</p> <ul style="list-style-type: none"> a. Neck Pain b. Nose Bleed c. Blurred Vision d. Slurred Speech | <p>11. Other than the signs or symptoms listed in question 4, what are three <u>other</u> signs or symptoms of a concussion:</p> <ul style="list-style-type: none"> a. b. c. | <p>12. The 'Danger Zone' for an on-ice hockey-related concussion is:</p> <ul style="list-style-type: none"> a. When the player is leaving the bench b. When the player is up against the boards c. When the player is 3-4 feet from the boards d. When the player is in front of the net |