# Exam 1 First Aid and Safety Questions and Answers

carotid pulse - Answer- the pulse felt along the large carotid artery on either side of the neck

Name of book - Answer- Sport First Aid 5th edition

Publisher - Answer- Human Kinetics

Author Name and Degrees - Answer- Melind J. Flegel MS (Masters in Science), ATC (Athletic Training Certified), LAT (Licensed Athletic Trainer), CSCS (Certified Strength and Conditioning Specialist)

What percent of high schools have a certified athletic trainer? - Answer- 42%

- 4 Duties of the Coach Answer- 1. Prevention
- Recognition and First Aid care
- 3. Treatment and Assessment
- 4. Rehabilitation

9 Legal Duties of the Coach - Answer- 1. Properly Plan Activity

- Provide Proper Instruction
- Warn of Inherent Risks
- Provide a Safe Physical Environment.
- Provide Proper Equipment
- Match Athletes Appropriately
- Evaluate Athletes for Injury
- 8. Supervise the Activity Closely
- 9. Provide Proper Emergency Assistance

When should a athlete not participate? - Answer- 1. Loss of function (can't move, etc.)

- 2. Fever
- Headaches, memory loss, dizziness, ringing in the ears, or unresponsiveness from a head injury
- Heat or cold related illnesses
- Pain associated with the activity

Who cancels weather for practice? - Answer- The Athletic Director

Cancel practice: How long thunder after lighting? - Answer- 30 seconds

NEVER GIVE AN ATHLETE - Answer- Medicine

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