

USTA Safety Certification Test

1. It is safe to say that with extra care and precaution, injuries can be eliminated from athletic activity.
 - a. True
 - b. False

2. Conduct that falls below the standard of care that society expects of a reasonably cautious person acting under similar circumstances is:
 - a. Duty
 - b. Negligence
 - c. Tort Defense
 - d. Laziness

3. Emergency plans in the gym should include:
_____.

4. Something that should be established to keep the tumbling area clear is:
 - a. Crossing Guard
 - b. Traffic patterns in the gym
 - c. Large barricades
 - d. All of the above

5. The minimum standards for a double-mini landing mat size is _____ inches thick and _____ feet wide by _____ feet long.

6. The decision of when an injured athlete may return to participate is important to the safety of the athlete. This decision may be made by the:
 - a. Coach
 - b. Parent
 - c. Physician
 - d. Athlete

7. Trampoline pits need only be three feet deep.
 - a. True
 - b. False

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8. How long should a coach keep records:
 - a. One competition season
 - b. Yearly
 - c. A very long time
 - d. Monthly

9. What is the recommended ceiling height above the trampoline:
 - a. 14', 18' for upper level athletes
 - b. 16', 21' for upper level athletes
 - c. 16', 18' for upper level athletes
 - d. 18', 20' for upper level athletes

10. The four things that you can do to protect yourself and show that you are safety conscious and safety educated are:
 - a. Education, Supervision, Instruction, Tort Defense
 - b. Duty, Breach of Duty, Cause, Damages
 - c. Education, Supervision, Instruction, Equipment
 - d. Education, Duty, Instruction, Equipment

11. How often should you check your equipment:
 - a. Monthly
 - b. Bi-Monthly
 - c. Weekly
 - d. Daily

12. A loose foam pit requires which of the following to enhance and maintain safety?
 - a. Fluffing
 - b. Side and edge padding
 - c. Sufficient size and depth to prevent hitting anything but foam
 - d. All of the above

13. No obstruction should be within _____ feet of the trampoline.

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14. When landing on a flat surface, the athlete should be instructed to bend adequately at the _____, _____ and _____ to absorb the landing shock.
15. Since athletes make mistakes and awkward landings are inevitable, the coach should practice progressions and drills that reinforce safe landings, protecting the _____ and _____ at all costs.
16. What does the ABC treatment for an injured athlete stand for:
- A. _____
 - B. _____
 - C. _____
17. _____ means any unwelcome sexual advances or requests for sexual favors.
18. In the STOP Procedure, what do the letters in the RICED regime stand for?
- R. _____
 - I. _____
 - C. _____
 - E. _____
 - D. _____
19. Hands-on spotting requires a complete _____ of the skill.
20. What is the one thing that is most overlooked by coaches and teachers?
- a. Mental Readiness
 - b. Physical Readiness
 - c. Spotting Readiness
 - d. Equipment Readiness
21. _____ is the ability of the athlete to perceive their body parts in relation to one another as well as in relationship to the apparatus and / or ground.
22. What claim is made in virtually all lawsuits arising out of tumbling and trampoline accidents? _____

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23. The best way to acquire new skills and advance to more difficult levels is skill _____.

24. Loose foam pits are the one fail-safe way to avoid training injuries.

- a. True
- b. False

25. List four mental readiness skills:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

26. What are the three goals of spotting:

- 1. _____
- 2. _____
- 3. _____

27. As a professional, your first obligation is to the:

28. What are the three “Affirmative Defenses” that are available to a defendant?

- 1. _____
- 2. _____
- 3. _____

29. How far should a trampoline be from the nearest wall? _____

30. The four elements a Negligence Case usually requires are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

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31. List six loco motor skills:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

32. Each instructor in a gym should be qualified in basic first aid and certified in CPR.

- a. True
- b. False

33. A trampoline pass can be practiced on a double-mini trampoline.

- a. True
- b. False

34. _____ is the best way to prove that you have properly warned the athlete and parent of the dangers involved with the participation in the sport of Tumbling / Trampoline.

35. Dismounting the trampoline may be done in the following way(s):

- a. Executing a skill of the end or side
- b. Jumping
- c. Sitting on the frame and sliding off
- d. All of the above

36. Safety harnesses may be attached to anything that is directly above the trampoline as long as they are the right width apart.

- a. True
- b. False

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37. Having athletes age eight and under jump from heights greater than what they are capable of on their own is a great drill for safety.
- True
 - False
38. List three non-locomotor skills:
- _____
 - _____
 - _____
39. List four body shape and positions:
- _____
 - _____
 - _____
 - _____
40. Jewelry is acceptable to wear during tumbling and trampoline.
- True
 - False
41. The element of a negligence case that says that the defendant did not act as a reasonable person would act under similar circumstances:
- Duty
 - Cause
 - Breach of Duty
 - Damages
42. Risk management seeks to eliminate those injuries that are _____ and totally _____.
43. Children with disabilities do not benefit through tumbling/ trampoline training.
- True
 - False

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44. For a child with disabilities, the _____, _____, and _____ benefits from this sport can be tremendous.
45. The ultimate purpose of this safety manual is to improve the _____ of _____.
46. No one should ever tumble or use a trampoline when that person is _____, _____, or in a state of _____.
47. Walls should be a contrasting color from the mats or other landing surfaces.
- a. True
 - b. False
48. A large mat that is extra thick and manufactured well will make it all right to land on the head without the possibility of injury.
- a. True
 - b. False
49. The best way for an athlete to learn new skills is by:
- a. Experimenting with new skills
 - b. Heavy spotting
 - c. Skill progression
 - d. Spotting belts
50. What is the definition of Safety Awareness?
