



USSF "D" License Care & Prevention – Take Home Test

Name: _____

Date: _____

Course Site: _____

Instructor: _____

1. Why are the A, B, Cs most important in first aid?
2. If there is an unconscious player in the field, what should you do?
3. What does R.I.C.E. stand for?
4. How long should you ice an injury?
5. What is heat exhaustion?



6. What is the difference between heat stroke and heat exhaustion?

7. What is the best fluid to give your players to drink at half time?

8. What are the symptoms of shock?

9. What is the first aid for shock?

10. Of the following, which requires emergency care? *circle all that apply*
 - a.) Heat stroke
 - b.) Fractures
 - c.) Cramps
 - d.) Concussion

11. What is the best way to ice a muscle?

12. How should you take care of a bruise (contusion)?



13. What is the proper way to stretch a muscle?

14. What should you find out about player's background?

- a.) Allergies
- b.) Previous injuries
- c.) Medications currently taking
- d.) All of the above