

## Chapter 14

1. Which factor(s) accounts for a higher injury incident rate in the late afternoon?
  - A) higher skier density
  - B) fatigue
  - C) deteriorating ski conditions
  - D) all of the above
  
2. Higher incidents of knee sprains, tibia fractures, and other rotational injuries are associated with which conditions?
  - A) heavy wet snow
  - B) icy conditions
  - C) deep powder
  - D) A & C
  
3. The current alpine injury rate per 1,000 skiers is:
  - A) 2.5.
  - B) 7.
  - C) 13.
  - D) 20.
  
4. The most common serious ski injury—which poses a permanent threat to an active lifestyle—is:
  - A) clavicle fracture.
  - B) wrist fracture.
  - C) severe knee sprain.
  - D) snowboarder's ankle.
  
5. Shoulder injuries account for what percentage of all alpine ski injuries?
  - A) 2.5
  - B) 7
  - C) 11
  - D) 25
  
6. Which group, skiers or snowboarders, is at a slightly higher risk for injury?
  - A) skiers
  - B) snowboarders
  - C) both at same risk
  - D) There is no risk involved.

7. Which group, skiers or snowboarders, experience more injuries to the upper extremities?
- A) skiers
  - B) snowboarders
  - C) both at same risk
  - D) There is no risk involved.
8. Ankle injuries in snowboarders are frequently the result of which mechanism of injury?
- A) compression
  - B) inversion
  - C) dorsiflexion
  - D) all of the above
9. Snowboarder's ankle is the fracture of which bone?
- A) tibia
  - B) fibula
  - C) calcaneus
  - D) talus
10. Tubing injuries, most often caused by collisions or rollovers, cause which type of injuries?
- A) soft-tissue injuries
  - B) head and spinal injuries
  - C) multiple fractures
  - D) all of the above
11. Which of the following are factors in most snowmobile injuries?
- A) multiple riders
  - B) riding in unfamiliar terrain
  - C) riding in avalanche country
  - D) all of the above
12. What percentage of snowmobile fatalities are associated with alcohol use?
- A) 5
  - B) 15
  - C) 34
  - D) 50

13. Snowmobile fatalities most often occur at what time of the day?
- A) morning
  - B) afternoon
  - C) dusk/dark
  - D) noon
14. What percentage of recreational mountain bike riders will be injured during their biking careers?
- A) 8
  - B) 25
  - C) 75
  - D) 80
15. Which resources may be necessary to effectively rescue an injured mountain bike rider?
- A) single-wheeled litters
  - B) all-terrain vehicles
  - C) helicopters
  - D) all of the above
16. What are the leading factors involved in serious mountain bike injuries?
- A) paved road vehicle collisions, excessive speed
  - B) paved road, going downhill, collision
  - C) off road, unfamiliar terrain, going downhill, excessive speed
  - D) off road, going uphill, unfamiliar terrain
17. In common rotational falls, the affected foot usually moves:
- A) inward
  - B) outward
  - C) anteriorly
  - D) posteriorly

## Answer Key

1. D
2. D
3. A
4. C
5. C
6. B
7. B
8. D
9. D
10. D
11. D
12. D
13. C
14. D
15. D
16. C
17. B