



Thank you for taking time to complete this questionnaire. All the questions can be answered by reading the Summer Volunteer Manual. Please select the best single answer for each question. Completing this questionnaire will give you a head start on training and earn you 2 volunteer hours! And it's required. **Please print this and bring it with you to training. Do not write your name on it; it may be collected for stats only.**

1. *Challenge by Choice* means:
 - a. You can make lessons harder or easier for your students
 - b. You determine your level of participation in each event
 - c. Students are able to request certain instructors
 - d. Students can determine how hard they want to try in lessons

2. It is important to record your volunteer hours:
 - a. Only for onsite lessons/voucher hours
 - b. For fundraising events
 - c. For office work
 - d. All of the above

3. If a student needs assistance in the bathroom you may do all of the following except:
 - a. Help students out of their outer garments
 - b. Enter the restroom stall alone with a student
 - c. Leave the stall door ajar while assisting with restroom needs
 - d. Ask a staff member for help if you are not comfortable

4. True or False: Helmets are required for Road Biking and Mountain Biking but not Handcycling

5. Your Bike Park Rules state all of the following except:
 - a. Always stay in control and be able to avoid others
 - b. Downhill traffic has the right of way on a two-way trail
 - c. Do not shortcut trails.
 - d. On downhill trails the slower rider in front has the right of way

6. A good assessment includes:
 - a. Determining the athlete's cognitive age/abilities
 - b. Determining the athlete's physical abilities
 - c. Discovering the athlete's goals
 - d. All of the above

7. If your student incurs an injury you should:
 - a. Send your assistant instructor to call 911/Bike Park Ranger
 - b. Leave your student with another instructor and call Bike Park Ranger/911 from the nearest lift/phone
 - c. Provide first aid
 - d. Move the student to the side of the trail

8. A hand cyclist is someone who:
 - a. Uses a wheelchair
 - b. Needs a hands-on approach and assistance when bicycling
 - c. Rides an adaptive cycle pedaled with hands and arms rather than feet and legs
 - d. Rides a bike or adult tricycle with the aid of an instructor and tethers

9. A group of chronic conditions affecting body movement and muscle coordination, caused by damage to the immature brain best describes:
 - a. Spina Bifida
 - b. Multiple Sclerosis
 - c. Muscular Dystrophy
 - d. Cerebral Palsy

10. True or False: It is okay to go into “overtime” on a lesson to meet a student’s goal

11. DSES Summer Programs include all of the following except:
 - a. Kayaking
 - b. Scuba Diving
 - c. Rock Climbing
 - d. Fishing

12. Starting with easier movements and moving towards more complex movements where skills build on one another best describes a:
 - a. Lesson
 - b. Progression
 - c. Goal
 - d. Sequence

13. During lessons and clinics, cell phones should be:
 - a. Carried at all times
 - b. Turned to vibrate
 - c. Used only for emergencies or DSES related calls
 - d. All of the above

14. The following are part of the Dangerous “too’s” for water safety except:
 - a. Too tired
 - b. Too cold
 - c. Too excited
 - d. Too much sun

15. You should carry all of the following except:
 - a. Water
 - b. First Aid Kit
 - c. Students medications
 - d. Sun Screen

16. Safety, Fun and Learning means:
 - a. As long as your lesson is safe and fun, it’s cool if you don’t teach anything
 - b. Every lesson must have these three components
 - c. Instructors that are safe are generally more fun
 - d. Creating an environment that is safe and fun is the most conducive to learning

17. True or False: On kayaking lessons, only athletes under the age of 18 must wear a PFD

18. Leave No Trace ethics include:
 - a. Pack it in, Pack it Out
 - b. Take only Pictures Leave only Footprints
 - c. Treat the animals you encounter with respect. Remember you are a visitor in their backyard
 - d. All of the above

19. Who is the best authority on a student's disability?
 - a. Bike Park Ranger
 - b. Lead instructor
 - c. Student/Parents
 - d. DSES staff

20. The following disabilities are often accompanied by mental retardation except:
 - a. Autism
 - b. Down Syndrome
 - c. Post Traumatic Stress Disorder
 - d. Cerebral Palsy

21. Please list the 7 steps of the Adaptive Teaching Model
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.

22. Once a beginning student has appeared to grasp a new movement that you have just taught, what should you do next?

23. How would you adjust your communication while presenting a teaching topic to a student who has a cognitive disability which includes Mental Retardation?

24. The best measure of a successful lesson is:
 - a. Achieving an agreed upon number of miles/repetitions.
 - b. Getting to new terrain.
 - c. Meeting your student's goals.
 - d. Increasing your student's independence.

25. Stand Up Paddle Boards (SUP):
 - a. Are only suitable for standing while paddling
 - b. Should only be used by one person at a time
 - c. Are not accessible to athletes with paralysis
 - d. None of the above