



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. So DSES can track statistics and use these numbers for reports
 - c. On the same day
 - 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 all athletes only for cycling

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. Selecting appropriate adaptive equipment
 - b. Determining the athlete's physical and cognitive abilities
 - c. Discovering the athlete's goals
 - d. b and c

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. Cannot use his or her legs
 - 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. DSES Summer Programs include all of the following except:
 - a. Tennis
 - b. Motor assisted cycling
 - c. Rock climbing
 - d. Fishing

11. 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

12. During lessons and clinics, cell phones should be:
 - a. Turned to full volume so you can hear it while outdoors
 - b. Used to contact the student's family if the student gets tired
 - c. Used only for emergencies or DSES related calls
 - d. All of the above

13. 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

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

15. 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

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

17. 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

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

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

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

21. True or False: Once a beginning student understands a new movement you should move on to the next movement or step in the progression

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

26. Student Centered Teaching includes:
 - a. The instructor working to achieve goals established in partnership with the student
 - b. Providing extra guest service by ending the lesson late if the student shows up late or starting early if the student is ready to go early
 - c. Discovering the goals of the student's parents or caregiver and teach only to those
 - d. All of the above

27. An incident is defined as:
 - a. A collision with a person or object or a stumble/fall
 - b. A verbal or physical confrontation
 - c. An event which results in an obvious injury
 - d. An event with might turn into a latent injury

28. True or False: You should only complete an incident report when an obvious injury happens

29. Summer *Professional Appearance Standards* include:

- a. Conforming to Mammoth Mountain's grooming standards while volunteering at Mammoth Mountain
- b. Maintaining a neat, clean and tidy appearance with no more than three earrings per ear
- c. Wearing long pants and long sleeve shirts whenever working off site lessons
- d. All of the above
- e. a and b only

30. All of the following are part of the summer uniform except:

- a. DSES logo wear
- b. Approved, activity specific safety equipment
- c. Soft shell uniform jackets
- d. Any clean and tidy shirt with a nametag