



Thank you for taking time to complete this questionnaire. All the questions can be answered by reading the Volunteer Manual and the Instructor 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 the first day of 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. DSES and Mammoth Mountain Ski Area grooming standards require:
 - a. All men must have short hair and no facial hair
 - b. You may not smoke or chew tobacco in uniform
 - c. You may not have any visible facial piercings (excluding earrings)
 - 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 of the same sex
 - 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 States 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. The following are volunteer roles except:
 - a. Making sure our student's safety is our first priority
 - b. Acting as an ambassador for DSES, MMSA and the Town of Mammoth Lakes
 - c. Helping out in the office, setting up and cleaning up office space and lesson areas and with moving equipment and supplies
 - d. Changing a student's diapers
7. If your student should incur 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. DSES Summer Programs include all of the following except:
 - a. Kayaking
 - b. Scuba Diving
 - 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. Carried at all times
 - b. Turned to vibrate
 - 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. You should move students to new terrain only:
 - a. When their parents want you to
 - b. Near the end of the lesson
 - c. When they are bored on the terrain they are on
 - d. When they have mastered the terrain they are on
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