1) The Safe Haven Certification Program was developed by AYSO to provide protection for both the children and for:
   a) AYSO Coaches
   b) AYSO Parents
   c) AYSO Referees
   d) AYSO Volunteers

2) AYSO has 6 core philosophies including: Everyone Plays, Balanced Teams, Open Registration, Positive Coaching and Good Sportsmanship. Which of the following completes the list?
   a) Everyone Volunteers.
   b) Player Development.
   c) Character Counts.
   d) Equal Opportunity.

3) The AYSO definition of “Everyone Plays” is:
   a) Each year we form new teams as evenly balanced as possible—because it is fair and more fun when teams of equal ability play.
   b) Our program’s goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.
   c) Our program is open to all children 4 to 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.
   d) Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

4) The AYSO definition of “Player Development” is:
   a) We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.
   b) Each year we form new teams as evenly balanced as possible—because it is fair and more fun when teams of equal ability play.
   c) Our program’s goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.
   d) We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as a member of a team, in order to maximize their enjoyment of the game.
5) Which of the following statements most accurately describes the AYSO requirements regarding the Volunteer Application Form?
   a) A fully completed and signed AYSO volunteer application form need only be submitted once.
   b) All AYSO volunteers must complete, sign and submit a Volunteer Application Form each year.
   c) Only new volunteers or previous AYSO volunteers who have been inactive for one or more seasons are required to complete a Volunteer Application Form.
   d) Completing the AYSO Volunteer Application Form is optional.

6) Which of the following statements most accurately describes the AYSO requirements regarding coaches, referees and other volunteers?
   a) All AYSO volunteers are required to complete Safe Haven Certification.
   b) All AYSO volunteers are required to be properly trained in their jobs.
   c) All AYSO volunteers are required to be authorized to do their job by the appropriate AYSO authority.
   d) All of the above.

7) The Volunteer Protection Act of 1997 provides protection for volunteers for which of the following?
   a) Immunity for volunteers from certain types of liabilities, including those resulting from providing alcohol, tobacco products and illegal or prescription-only drugs to minors.
   b) Immunity from liability for property damage while using public facilities.
   c) Immunity from liability for injury while transporting players in an automobile.
   d) Immunity from certain liabilities for volunteers who meet its requirements.

8) According to the AYSO Safe Haven Program, which of the following best defines “Training”?
   a) Training is anything a volunteer does to increase their general knowledge.
   b) Training is the education a volunteer receives to do a specific job or task.
   c) Training is experience gained through reading about soccer.
   d) Training is obtained by actually performing the requested job.

9) According to the AYSO Safe Haven Program, which of the following best defines “Certification”?
   a) Certification confirms you know soccer.
   b) Certification confirms you are good at your job.
   c) Certification confirms key competencies in a volunteer.
   d) Certification confirms you know what you should avoid doing.
10) What is the AYSO Safe Haven recommended minimum supervision ratio of children to adults?
   a) 15:1.
   b) 8:1.
   c) 18:1.
   d) 10:1.

11) The AYSO Safe Haven Supervision Policy states which of the following?
   a) At least two adults should be present at all times during AYSO sponsored events.
   b) No volunteer should be alone with any child or group of children (except for their own children) during AYSO sponsored events.
   c) At least one adult present should be the same gender as the group during AYSO sponsored events.
   d) All of the above

12) In addition to physical abuse, sexual abuse, emotional abuse and ethical abuse, which of the following is the fifth type of abuse generally recognized by psychologists, legislators and educators around the country?
   a) Neglect Abuse.
   b) Religious Abuse.
   c) Racial Abuse.
   d) Ethnic Abuse.

While the scenarios may present more than one type of abusive behavior, please select the best answer:

13) A coach who encourages a player to fake an injury and sit out on the bench (not allowing this player to participate in at least half of the game, as required by AYSO’s core philosophies) and substitutes the star player in because “the team needs him or her” is an example of what type of abusive behavior:
   a) Emotional Abuse
   b) Physical Abuse
   c) Neglect Abuse
   d) Ethical Abuse

14) A coach or team members who consistently ignore one player throughout the entire season would be an example of what type of abuse?
   a) Emotional Abuse
   b) Physical Abuse
   c) Neglect Abuse
   d) Ethical Abuse
15) A coach who allows a player to be hit in the arm by each of her teammates because she missed a shot on goal would be an example of what type of abusive behavior?
   a) Emotional Abuse  
   b) Physical Abuse  
   c) Ethical Abuse  
   d) Sexual Abuse

16) A parent who stands on the side lines and throws his hands up in the air, hits his head with the palm of this hand, and throws his water bottle to the ground during the games would be demonstrating what type of abusive behavior?
   a) Emotional Abuse  
   b) Physical Abuse  
   c) Neglect Abuse  
   d) Ethical Abuse

17) A Team Parent who gives sensual massages to players could be demonstrating what type of abusive behavior?
   a) Emotional Abuse  
   b) Physical Abuse  
   c) Ethical Abuse  
   d) Sexual Abuse

18) To protect yourself as a volunteer, which of the following is recommended by the AYSO Safe Haven Program?
   a) Avoid situations in which you are alone with a child other than your own, including transporting youngsters in a car.
   b) When it is necessary to speak privately with a child, find a place out of earshot but within sight of others for your conference.
   c) When hugging is appropriate, hug from the side over the shoulders, not from the front.
   d) All of the above.

19) Some forms of contact are acceptable as long as they are respectful and appropriate. Which of the following is not acceptable?
   a) Slaps on the butt or chest bumping are acceptable for adults to do to players because they are an excepted part of behavior in sports.
   b) A “High-Five” hand slap, congratulating players for a job well done.
   c) A hug from the side in the open, not in private.
   d) A brief, quick hug over the shoulders, with the child’s permission.
20) During a lightning storm, it is advisable to:
   a) Seek shelter under a tree
   b) Gather in an open area near a concession stand
   c) Take shelter in an enclosed car with the windows closed
   d) Continue with the game and remain in the bleachers when thunder is heard and no
      lightning is seen.

21) When temperatures and humidity rise significantly above normal levels, reasonable
    safety considerations would include:
   a) Allowing more frequent water and substitution stoppages
   b) Notifying players to hydrate 24 hours in advance of planned activities
   c) Providing additional shade
   d) All of the above.

22) The AYSO Safe Haven Program recommends which of the following when cleaning a
    blood spill?
   a) Clean the spill immediately or as soon as possible after the spill occurs and wear
      disposable gloves and other personal protective equipment.
   b) Wipe up the spill with paper towels or other absorbent materials then flood the area for
      at least 20 minutes with ¼ cup chlorine bleach to 1 gallon of water.
   c) Dispose of the contaminated material used to clean the spill in a labeled biohazard
      container.
   d) All of the above.

23) Which statement is not true concerning concussions?
   a) Concussions can occur without a loss of consciousness
   b) Concussions are serious brain injuries
   c) As long as the player is alert and expresses no signs of pain, it is safe to return to play.
   d) Players suspected of having a concussion should seek professional medical care.

24) On a warm day, a player who appears to be fatigued, dizzy, not perspiring and very
    hot to the touch is probably suffering from a very dangerous condition called:
   a) hypothermia
   b) heat exhaustion
   c) concussion
   d) heat stroke

25) The objective of the game is to win, but the goal for all coaches and volunteers in
    AYSO should be to:
   a) Support the development of the whole child.
   b) Develop positive feelings of self-worth in each child
   c) Treat children as individuals
   d) All the above
26) Which of the following is not one of the benefits of soccer promoted by AYSO:
   a) Contributes to physical well-being
   b) Promotes a “Win-at-All-Costs” attitude
   c) Encourages friendships
   d) Promotes physical fitness

27) When volunteers demonstrate that winning is not the most important thing in sport but that character development is also an important consideration, this is an example of:
   a) Modeling and promoting good sportsmanship
   b) Modeling ethical conduct
   c) Developing effective motivational skills
   d) Participating in continuing education

28) Referees staying updated on Law changes—(AYSO, FIFA) is an example of:
   a) Model ethical conduct
   b) Develop effective motivational skills
   c) Participating in continuing education
   d) Develop sporting behavior in players

29) Use of Social Media sites and electronic communications are recommended means for improving communications as long as:
   a) All communications between adults and minors are transparent and include parents.
   b) Adults post everything on their public Facebook page.
   c) Postings on websites and pages protect the privacy and identities of minors
   d) a) and c)

30) AYSO’s Kids Zone program promotes appropriate sideline behavior including which of the following sideline rules:
   a) Cheering loudly, as long as it’s positive, to drown out the opposite sideline
   b) Only coaches can challenge the referees
   c) Cheering is an important contributor to winning
   d) Fun, not winning is everything