

Rowing Safety quiz - April 2020 – The Answers

The questions in the quiz are based on information in RowSafe, and Safety Alerts and other safety information, linked to from RowSafe.

General Safety

1 Is the Club Rowing Safety Adviser expected to be responsible for everyone's safety?

- a. ~~Yes~~
- b. No**

Comment CRSAs are not expected to be responsible for everyone's safety but they are expected to provide advice to the club leadership on all matters relating to safety.

See [RowSafe](#) sections 1.1 and 3.4

2 Is each Club Rowing Safety Adviser expected to have completed the Advanced Risk Assessment Training (online learning module on the British Rowing website)?

- a. Yes**
- b. ~~No~~

Comment Everyone is expected to complete the Safety Basics training and Club Rowing Safety Advisers are also expected to complete the Advanced Risk Assessment Training.

See [RowSafe](#) sections 3.1 and 3.4. See also the [Safety Basics](#) Training and the [Advanced Risk Assessment](#) Training (log on to RowHow before using these links).

3 Who can report an incident using the British Rowing Incident Reporting system?

- a. A rowing safety adviser
- b. A club official
- c. A qualified coach
- d. An unqualified coach
- e. A member of the rowing club involved
- f. A member of any rowing club
- g. A Navigation Authority Official
- h. A member of the public who is not a member of British Rowing
- i. **All of the above**

Comment Absolutely anyone can report an incident using the British Rowing Incident Reporting system, and many people do.

See [RowSafe](#) Chapter 12 and the introduction to the [Incident Reporting](#) system.

4 Can incidents be reported anonymously?

- a. **Yes**
- b. ~~No~~

Comment You can, but please do not do so unless you feel that you have to.

See [RowSafe](#) Chapter 12 and the introduction to the [Incident Reporting](#) system.

5 Who is expected to take responsibility for your safety (one correct answer)?

- a. ~~You Club Rowing Safety Adviser~~
- b. ~~Your Club Chairman~~
- c. ~~Your coach~~
- d. **You.**

Comment In RowSafe it says “Everyone is expected to take responsibility for their own safety both on and off the water and ensure that their actions both on and off the water do not put others at risk..” Other people may also have responsibilities but you are responsible for what you do and what you do not do. Safety is all about behaviour.

See [RowSafe](#) section 1.1.

Lifejackets

6 Which 4 things should you always check before you put on a lifejacket?

- a. **Check that it is dry (if it is wet then it may have been used (check in more detail))**
- ~~b. Check that it is the correct colour so that people will know which club you are from~~
- c. **Check that the straps are in good condition**
- ~~d. Check that the casing is clean~~
- e. **Check that the manual inflation toggle is accessible**
- f. **Check whether it is manual or automatic**

Comment Some things are important and others are vitally important because your life may depend on them.

See [RowSafe](#) section 7.3 and the Safety Alerts on [Lifejackets](#) and [Check your Lifejacket](#).

7 When checking that you are wearing the lifejacket correctly, what 3 things should you be careful of?

- ~~a. Check that you can fasten your jacket over the top of the lifejacket~~
- b. Check that the chest strap is tight so that you can just get your fist between the chest strap and your chest
- ~~c. Check that your name is showing so that people know who you are~~
- d. Check that the crotch/thigh straps correctly fitted
- e. Ensure that no clothing is worn over the lifejacket

Comment Your life may depend on getting this right.

See [RowSafe](#) section 7.3 and the Safety Alert on [Lifejackets](#).

8 Which one of the following types of lifejacket is suitable for a cox in a bow loaded 4+?

- a. ~~Buoyancy Aid~~
- b. Manual inflation lifejacket
- c. ~~Auto inflation lifejacket~~
- d. ~~None needed~~

Comment Wearing the wrong type of lifejacket could result in the cox being pinned inside the boat as it sinks or pushed back and up into an inverted boat.

See [RowSafe](#) sections 5.1 and 7.3 and the [Rules of Racing](#) rule 7.2.7a

9 Which 2 of the following types of lifejacket are suitable for a cox in a stern loaded 4+?

- a. ~~Buoyancy Aid~~
- b. Manual inflation lifejacket
- c. Auto inflation lifejacket
- d. ~~None needed~~

Comment Buoyancy aids do not provide sufficient buoyancy or keep your head above water.

See [RowSafe](#) sections 5.1 and 7.3 and the [Rules of Racing](#) rule 7.2.7a

10 Why do you need to know if your automatic lifejacket has a hydrostatic actuator? (3 correct answers)

- a. it will not automatically inflate until the actuator is at least 1 metre under the water
- b. ~~it will inflate if it is splashed with water~~
- c. it will only inflate immediately if you use the manual inflation actuator (pull on the toggle)
- d. it will not stop you getting your hair wet so try not to fall in

Comment Most automatic inflation lifejackets will inflate if the actuator gets wet. The hydrostatic actuator contains a pressure sensitive device designed to inflate an automatic inflation lifejacket only when it is under water. You may well get your hair wet before the lifejacket inflates. It is designed in this way so that it will not inflate if merely splashed with water.

See [RowSafe](#) section 7.3, the Safety Alert on [Lifejackets](#) and the [RNLI guide to lifejackets and buoyancy aids](#) (click on orange box for the detailed guide).

Capsize and Recovery

11 You are coaching a group of inexperienced scullers which 3 of the following would you teach them that would help them to avoid capsize?

- a. **Check that the gates (on the riggers) are securely closed**
- b. ~~Complete the capsize drill~~
- c. ~~Wear a lifejacket~~
- d. ~~Wear a wetsuit~~
- e. **Understand the safe position**
- f. **Do not wait at front stops with the blades square in the water**

Comment – Many capsizes are caused by the bar at the top of the gate being released because it is not fastened correctly. The “safe position” (arms straight, legs straight, back straight, blades feathered, flat on the water and hands pressed together (if sculling) is very stable. Sitting at frontstops with the blades square in the water is very unstable.

See [RowSafe](#) section 3.7, Capsize and Recovery, and the Safety Alert “[Close the Gate](#)”

12 Which 5 of the following should be practised in the club’s capsize and recovery training?

- a. **Getting free from an inverted boat (including releasing the feet from the shoes).**
- b. ~~Move to the bow and hold the bow ball then swim to the edge of the pool towing the boat~~
- c. **Getting on top of the boat, making rescue by launch and buddy rescue easier.**
- d. ~~Getting back into the boat for everyone.~~
- e. **Lying on top of, and paddling a boat (straddle and paddle).**
- f. ~~Leave the boat and swim away~~
- g. **Buddy rescue.**
- h. **Rescue using a throw line.**

Comment Swimming with the boat should not be included because it is only safe in very limited circumstances. Getting back into the boat can be practised but is not recommended as it usually results in failures and repeated failure can leave a rower exhausted, cold and still in the water. Only leave the boat if staying with it would be more dangerous.

See [RowSafe](#) section 3.7, Capsize and Recovery, and the [Capsize Drill Video](#)

I3 Which 4 of the following should people do if they capsize?

- a. **Get free from the boat**
- b. ~~Take the sculls out of the gates~~
- c. **Get out of the water**
- d. **Get off the water**
- e. ~~Swim away from the boat to the bank~~
- f. **Stay with the boat unless doing so would put you in greater danger**

Comment Taking the sculls out of the gates is a waste of effort and results in there being two extra items to recover. Only leave the boat if staying with it would be more dangerous.

See [RowSafe](#) section 3.7, Capsize and Recovery, and the [Capsize Drill Video](#)

I4 What is the “gasp reflex” and what can be done to minimise its effect.

- a. It is a **sharp intake of breath when the skin loses heat rapidly. This is dangerous if it happens when the face is under water.**
- b. The effect can be reduced by **entering the water slowly and breathing in before entering the water. Knowing about it in advance can help a rower to control their breathing.**

Comment Explaining what happens in the first minute of cold water immersion can help rowers to survive the initial shock and recognise that their situation will soon improve.

See [RowSafe](#) section 8.1, Cold Water Immersion and Hypothermia, and the Safety Alert [Cold Water Kills](#)

I5 You have used a throw bag in a demonstration, how do you repack it? and what must you not do?

- a. The method of repacking is **when it is dry, feed it into the bag.**
- b. Do not **coil it first and then try to push it into the bag.**

Comment If the throw bag is repacked incorrectly then there is a risk that the line will not deploy correctly next time the it is used. This could endanger someone’s life.

See The Safety Alert on [Unusable Throw Lines](#).

Hypothermia

16 Which 7 of the following are symptoms of hypothermia?

- a. **Poor comprehension,**
- b. **Irrational behaviour,**
- c. ~~Profuse sweating~~
- d. **Slurred speech**
- e. ~~Complaints of being thirsty~~
- f. **Shivering**
- g. ~~Agitation~~
- h. ~~Slow pulse~~
- i. **Fast pulse**
- j. **Rapid breathing,**
- k. ~~Reduced breathing rate~~
- l. **Cold and pale skin, blue lips and nail beds**

Comment Some of the incorrect answers are signs or symptoms of hyperthermia (too hot) rather than hypothermia (too cold).

See [RowSafe](#) section 8.1 and the Safety Alert, [Cold Water Kills](#). You can learn more from the [Cold Water and Hypothermia](#) training on RowHow (log on to RowHow before using this link).

17 Which 6 of the following should you do to help someone with hypothermia?
(some of the items on this list neither help nor do harm)

- a. Move them indoors.**
- b. Remove any wet clothing and dry the casualty.**
- ~~c. Massage their limbs~~
- d. Wrap them in blankets.**
- ~~e. Phone for an ambulance~~
- ~~f. Put the person into a hot bath~~
- g. Give them a warm drink, but only if they can swallow normally.**
- ~~h. Give them an alcoholic drink~~
- ~~i. Use heating lamps~~
- j. Give energy food that contains sugar, such as a chocolate bar, but only if they can swallow normally.**
- ~~k. Get them to sit down outside~~
- l. Monitor the casualty's breathing and be prepared to deliver CPR**

Comment Some of the incorrect answers are harmful and others are simply not usually needed.

See [RowSafe](#) section 8.1 and the Safety Alert, [Cold Water Kills](#). You can learn more from the [Cold Water and Hypothermia](#) training on RowHow (log on to RowHow before using this link).

18 Which 4 of the actions listed in question 17 above should you avoid doing with someone with hypothermia?

- ~~a. Move them indoors.~~
- ~~b. Remove any wet clothing and dry the casualty.~~
- c. Massage their limbs**
- ~~d. Wrap them in blankets.~~
- ~~e. Phone for an ambulance~~
- f. Put the person into a hot bath**
- ~~g. Give them a warm drink, but only if they can swallow normally.~~
- h. Give them an alcoholic drink**
- i. Use heating lamps**
- ~~j. Give energy food that contains sugar, such as a chocolate bar, but only if they can swallow normally.~~
- ~~k. Get them to sit down outside~~
- ~~l. Monitor the casualty's breathing and be prepared to deliver CPR~~

Comment These actions can cause positive harm and should be avoided.

See [RowSafe](#) section 8.1 and the Safety Alert, [Cold Water Kills](#). You can learn more from the [Cold Water and Hypothermia](#) training on RowHow (log on to RowHow before using this link).

Safe Navigation and Steering

19 How often should a steersperson look ahead? (one correct answer)

- ~~a. Once every stroke~~
- b. At least once every 5 strokes**
- ~~c. At least once every 10 strokes~~
- ~~d. At least once every minute~~

Comment This is fundamental to safe sculling and rowing.

See The British Rowing [Collision Avoidance video](#) also available from the [Safety](#) page of the website.

20 Which 2 of the following should a cox do if his or her view ahead is obstructed by the presence of the crew?

- a. Ask a member of the crew to look ahead and report what they see.**
- ~~b. Do not worry about looking but stay on the correct place on the waterway~~
- c. Take advantage of the opportunities to see ahead at bends, etc.**
- ~~d. Make sure that the bow rower is wearing hi-vis kit~~
- ~~e. Shout loudly to instruct everyone else to get out of your way~~

Comment This is not unusual in stern loaded boats and the “cox’s blind spot” excuse is not valid. All boats are required to keep a good lookout at all times.

See [RowSafe](#) 5.1 where it says Coxes and steers (including scullers) are expected to keep a good lookout at all times when afloat. Coxes who cannot see directly ahead should enlist the help of members of their crew.

21 Which 3 of the following should you do if you want to overtake another boat?

- a. Check that the waterway ahead is clear of obstructions (other boats, etc.)**
- b. Keep clear of the other boat**
- ~~c. Shout loudly to instruct the other boat to get out of your way~~
- ~~d. Remember that you are the faster boat so the other boat has to keep clear and you have the “right of way”.~~
- e. Remember that you have a duty to keep clear and the other boat has the “right of way”.**
- ~~f. Start thinking of what you are going to say in the Incident Report.~~

Comment Many collisions occur when one boat overtakes another, most of these can be avoided if both crews understand and follow the rules.

See [RowSafe](#) section 5.1 and the [COLREGs](#) rule 13.

22 Which 3 of the following should you do if you are being overtaken?

- a. Move closer to the bank or edge of the channel if it is safe to do so**
- ~~b. Move away from the bank or edge of the channel so if the other boat gets too close then you will have somewhere to go.~~
- ~~c. Row Faster so that they cannot overtake~~
- d. Try not to obstruct the other boat**
- e. Shout a warning if you think that the other boat has not seen you.**
- ~~f. Start thinking of what you are going to say in the Incident Report.~~

Comment Many collisions occur when one boat overtakes another, most of these can be avoided if both crews understand and follow the rules.

See [RowSafe](#) section 5.1 and the [COLREGs](#) rule 13.

Risk Assessment

23 Which 3 of the following should the Club Risk Assessment be used for?

- a. To define the clubs safety rules**
- ~~b. Keep the Regional Rowing Safety Adviser happy during the annual safety audit~~
- c. To define the club's emergency response plan**
- d. To determine whether other Barriers and Controls are needed to reduce risk to an acceptable level**
- ~~e. To show that the club is concerned about safety~~
- ~~f. To show to the authorities if there is an accident~~

Comment Completing the Risk Assessment is necessary, but not sufficient to ensure safety. It is also necessary to use the conclusions from the risk assessment to identify opportunities for improvement and formulate Rules and Plans.

See [RowSafe](#) Chapter 3.

24 Which 2 factors are used, together, to determine the level of risk

- a. ~~The number of members in the club~~
- b. The probability of a hazardous event occurring**
- c. ~~The number of outings per week~~
- d. The severity of harm caused if it does occur**
- e. ~~The number of other clubs in the vicinity~~

Comment The “incorrect” answers may be factors in determining the probability of a hazardous event occurring but they are not one of the two factors used, together, to determine the level of risk.

See the [Risk Assessment training on RowHow](#) (log on to RowHow before using this link).

25 In risk assessment, what is the difference between Barriers and Controls?, give examples of each.

- a. A Barrier is something that reduces the probability of a hazard causing a hazardous event – e.g. teaching good sculling technique reduces the probability of a capsize.
- b. A Control is something that comes into effect after the hazardous event has occurred and tends to reduce the harm caused – e.g. teaching the capsize drill tends to reduce the harm resulting from a capsize.

Comment There are other valid examples.

See [RowSafe](#) Chapter 9 and the [Risk Assessment training on RowHow](#) (log on to RowHow before using this link).

26 Hazards due to the weather. What could you do to reduce the risk from each of the four hazards listed below?

- a. Cold - ensure that the rowers are correctly attired and keep the outing short with short rest periods.
- b. Hot and sunny - ensure that the rowers are correctly attired, use sunscreen and carry sufficient water to keep them hydrated. Avoid outings in the middle of the day. Take rest in the shade if possible.
- c. Strong Winds - use bigger boats, restrict rowing to sheltered areas, avoid being upwind of hazards, stay upwind of the boathouse, avoid holding crews in unstable positions.
- d. Lightning - Avoid rowing when lightning is present or forecast, get off the water asap if lightning starts, adopt the 30-30 rule.

Comment These are examples, you may have thought of other valid examples.

See [RowSafe](#) section 9.1.

27 Hazards due to the local environment. What could you do to reduce the risk from each of the four hazards listed below?

- a. A bend with limited view of the water ahead - keep a better lookout and slow down.
- b. A narrow bridge with space for one crew only - stop on approach to the bridge for a better view and wait till it is safe to proceed.
- c. Weirs & sluices - Keep well away, further away if the stream is strong.
- d. Steep banks or walls, where landing is difficult, reeds or overhanging trees, etc., - Avoid these areas, Practise buddy rescue, , etc. Have safety boat and throw lines available, Use Lifejacket.

Comment These are examples, you may have thought of other valid examples.

See [RowSafe](#) section 9.2.

28 Hazards due to the water. What could you do to reduce the risk from each of the four hazards listed below?

- a. Rough water, perhaps due to wind - stay in sheltered areas, use bigger more stable boats (2xs rather than 1xs).
- b. Fast flowing water - row upstream first, use bigger faster boats (2xs rather than 1xs).
- c. Shallow water - Provide information on the location of these areas and avoid them, Use coxed rather than coxless boats, be aware of the tide times and plan accordingly.
- d. Polluted or contaminated water - Avoid these areas, minimise crew contact with the water, wash open wounds, cuts and blisters properly on return to land, know when to seek medical advice.

Comment These are examples, you may have thought of other valid examples.

See [RowSafe](#) section 9.3.

29 Hazards due to other water users. What could you do to reduce the risk from each of the four hazards listed below?

- a. Anglers on the bank - – keep a good lookout and steer to avoid fishing gear.
- b. Moored motorboats that cause an obstruction- – keep a good lookout and take extra care when passing.
- c. Wash from large or fast boats - Avoid areas where wash is expected, use larger boats (4x rather than 1x) or more stable boats, coach crews in how to handle wash, ensure that there is adequate boat buoyancy.
- d. Vandals on the bank or bridges (throwing stones etc.) - Avoid areas where this can be expected, notify the Police to help prevent further occurrences.

Comment These are examples, you may have thought of other valid examples.

See [RowSafe](#) section 9.4.

30 Which other 4 types of hazard do you consider in your risk assessment prior to the commencement of the outing?

- **Hazards when going afloat and landing**
- **Hazards in and around the boathouse**
- **Hazards due to faulty, incorrectly set or poorly maintained equipment**
- **Hazards due to the state of fitness or health of the rowers**

Comment The Answers were included with the question in error but there will be detailed questions about each of these types in hazards in the next quiz.

See [RowSafe](#) sections 9.5, 9.6, 9.7 and 9.8.

I hope that you enjoyed the quiz, and perhaps learned something from it.

Please feel free to contact me at safety@britishrowing.org if you have any comments or questions.