**Rowing Safety quiz - April 2020**

This quiz is intended for anyone who is interested in rowing, particularly if they are interested in Rowing Safety.

The answers to this quiz will be circulated early in May. There are 30 questions in this quiz and there will be a further 30 with the report at the end of May.

The questions in the quiz are based on information in RowSafe, and Safety Alerts and other safety information, linked to from RowSafe. Most of the questions have multiple choice options but some require narrative answers as they ask for examples.

You may wish to use these questions in a club quiz, as an introduction to training, or for some other purpose. If you would like to make the questions less easy then feel free to remove the multiple choice options.

**General Safety**

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

1. Yes
2. No

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

1. Yes
2. No

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

1. A rowing safety adviser
2. A club official
3. A qualified coach
4. An unqualified coach
5. A member of the rowing club involved
6. A member of any rowing club
7. A Navigation Authority Official
8. A member of the public who is not a member of British Rowing
9. All of the above

**4 Can incidents be reported anonymously?**

1. Yes
2. No

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

1. You Club Rowing Safety Adviser
2. Your Club Chairman
3. Your coach
4. You.

**Lifejackets**

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

1. Check that it is dry (if it is wet then it may have been used (check in more detail))
2. Check that it is the correct colour so that people will know which club you are from
3. Check that the straps are in good condition
4. Check that the casing is clean
5. Check that the manual inflation toggle is accessible
6. Check whether it is manual or automatic

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

1. Check that you can fasten your jacket over the top of the lifejacket
2. Check that the chest strap is tight so that you can just get your fist between the chest strap and your chest
3. Check that you name is showing so that people know who you are
4. Check that the crotch/thigh straps correctly fitted
5. Ensure that no clothing is worn over the lifejacket

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

1. Buoyancy Aid
2. Manual inflation lifejacket
3. Auto inflation lifejacket
4. None needed

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

1. Buoyancy Aid
2. Manual inflation lifejacket
3. Auto inflation lifejacket
4. None needed

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

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

**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?**

1. Check that the gates (on the riggers) are securely closed
2. Complete the capsize drill
3. Wear a lifejacket
4. Wear a wetsuit
5. Understand the safe position
6. Do not wait at front stops with the blades square in the water

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

1. Getting free from an inverted boat (including releasing the feet from the shoes).
2. Move to the bow and hold the bow ball then swim to the edge of the pool towing the boat
3. Getting on top of the boat, making rescue by launch and buddy rescue easier.
4. Getting back into the boat for everyone.
5. Lying on top of, and paddling a boat (straddle and paddle).
6. Leave the boat and swim away
7. Buddy rescue.
8. Rescue using a throw line.

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

1. Get free from the boat
2. Take the sculls out of the gates
3. Get out of the water
4. Get off the water
5. Swim away from the boat to the bank
6. Stay with the boat unless doing so would put you in greater danger

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

1. It is …….
2. The effect can be reduced by ………..

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

1. The method of repacking is to ………
2. Do not ………..

**Hypothermia**

**16 Which 7 of the following are symptoms of hypothermia?**

1. Poor comprehension,
2. Irrational behaviour,
3. Profuse sweating
4. Slurred speech
5. Complaints of being thirsty
6. Shivering
7. Agitation
8. Slow pulse
9. Fast pulse
10. Rapid breathing,
11. Reduced breathing rate
12. Cold and pale skin, blue lips and nail beds

**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)

1. Move them indoors.
2. Remove any wet clothing and dry the casualty.
3. Massage their limbs
4. Wrap them in blankets.
5. Phone for an ambulance
6. Put the person into a hot bath
7. Give them a warm drink, but only if they can swallow normally.
8. Give them an alcoholic drink
9. Use heating lamps
10. Give energy food that contains sugar, such as a chocolate bar, but only if they can swallow normally.
11. Get them to sit down outside
12. Monitor the casualty’s breathing and be prepared to deliver CPR

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

**Safe Navigation and Steering**

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

1. Once every stroke
2. At least once every 5 strokes
3. At least once every 10 strokes
4. At least once every minute

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

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

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

1. Check that the waterway ahead is clear of obstructions (other boats, etc.)
2. Keep clear of the other boat
3. Shout loudly to instruct the other boat to get out of your way
4. Remember that you are the faster boat so the other boat has to keep clear and you have the “right of way”.
5. Remember that you have a duty to keep clear and the other boat has the “right of way”.
6. Start thinking of what you are going to say in the Incident Report.

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

1. Move closer to the bank or edge of the channel if it is safe to do so
2. 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.
3. Row Faster so that they cannot overtake
4. Try not to obstruct the other boat
5. Shout a warning if you think that the other boat has not seen you.
6. Start thinking of what you are going to say in the Incident Report.

**Risk Assessment**

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

1. To define the clubs safety rules
2. Keep the Regional Rowing Safety Adviser happy during the annual safety audit
3. To define the club’s emergency response plan
4. To determine whether other Barriers and Controls are needed to reduce risk to an acceptable level
5. To show that the club is concerned about safety
6. To show to the authorities if there is an accident

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

1. The number of members in the club
2. The probability of a hazardous event occurring
3. The number of outings per week
4. The severity of harm caused if it does occur
5. The number of other clubs in the vicinity

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

1. A Barrier is ……….
2. A Control is ……….

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

1. Cold - ……….
2. Hot and sunny - ……….
3. Strong Winds - ……….
4. Lightning - ……….

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

1. A bend with limited view of the water ahead - ……….
2. A narrow bridge with space for one crew only - ……….
3. Weirs & sluices - ……….
4. Steep banks or walls, where landing is difficult, reeds or overhanging trees, etc., - ……….

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

1. Rough water, perhaps due to wind - ……….
2. Fast flowing water - ……….
3. Shallow water - ……….
4. Polluted or contaminated water - ……….

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

1. Anglers on the bank - ……….
2. Moored motorboats that cause an obstruction- ……….
3. Wash from large or fast boats - ……….
4. Vandals on the bank or bridges (throwing stones etc.) - ……….

**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

I hope that you enjoyed the quiz and learned something useful in the process. Please feel free to contact me at safety@britishrowing.org if you have any comments or questions.