**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?**

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

**3 Who can report an incident using the British Rowing Incident Reporting system?** (how many can you identify?)

**4 Can incidents be reported anonymously?**

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

**Lifejackets**

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

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

**8 Which type of lifejacket is suitable for a cox in a bow loaded 4+?**

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

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

**Capsize and Recovery**

**11 You are coaching a group of inexperienced scullers . Give 3 actions to teach them that would help them to avoid capsize?**

**12 Give 5 components to be practised in a club’s capsize and recovery training.**

**13 Give 4 positive actions and 2 detrimental actions people should take if they capsize.**

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

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

**Hypothermia**

**16 Give 7 of the following are symptoms of hypothermia.**

**17 Which 5 actions you can take to help someone with hypothermia**

**18 State 2 actions you should avoid doing with someone with hypothermia?**

**Safe Navigation and Steering**

**19 How often should a steersperson look ahead?**

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

**21 Give 3 actions you should do if you want to overtake another boat**

**22 Give 3 actions you should do if you are being overtaken**

**Risk Assessment**

**23 Give 2 uses of the Club Risk Assessment.**

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

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

**26 Hazards due to the weather. What could you do to reduce the risk from each of the three different weather-related hazards?**

**27 Hazards due to the local environment. What could you do to reduce the risk from each of three different location-related hazards?**

**28 Hazards due to the water. What could you do to reduce the risk from each of three different water-related hazards?**

**29 Hazards due to other water users. What could you do to reduce the risk from each of three different water user-related hazards?**

**30 Give 2 other types of hazard do you would consider in your risk assessment prior to the commencement of the outing.**