**Repacking throw bags**

**1 You have used a throw line, it has been dried, how do you repack it into the throw bag?**

**2 What do you do with the end of the throw line?**

**Radio Procedure**

**3 What do you say if you want to start a communication with someone at the boathouse?**

**4 Which proword should you use if someone needs assistance but nobody is in “grave and imminent danger of loss of life”?**

**5 What do you say at the end of a conversation with another operator?**

**Sunburn, Heat Illness and Exhaustion**

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency. A person with heat stroke is not able to maintain their normal body temperature.

**6 List ways to help to reduce the risk on a hot sunny day**

**7 Give FIVE symptoms of heat exhaustion**

**8 Give actions that can help someone with heat illness**

**9 What do you do if someone with Heat Illness or heat exhaustion:-**

* is feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
* is not sweating even though too hot
* has fast breathing or shortness of breath
* is feeling confused
* has a fit (seizure)
* loses consciousness or is not responsive

**10 Identify as many symptoms of heat illness as you can**

**11 Suggest TWO ways to help to reduce the risk of sunburn?**

**Waterborne Infections and Diseases**

This relates to “normal” precautions and does not include precautions to protect against COVID 19.

**12 Give up to SIX ways that rowers can protect themselves:-**

**13 Give as many symptoms of Sepsis as you can:-**

**14 Identify symptoms of Weil’s disease:-**

**15 When do the symptoms of Weil’s disease typically develop:-**

**16 Which one of these need you NOT do if you have fallen in to water containing significant quantities of blue-green algae?**

* Wash exposed skin and clothing with fresh water and soap.
* Keep clean and cool and use standard proprietary treatments like Calamine lotion if itching is very uncomfortable,
* See your doctor if you experience symptoms and mention your exposure to blue green algae.
* Avoid drinking alcohol
* Drink a can of coke
* Do not use paracetamol

**Safety Inspections and Boat Checking**

**17 List SEVEN checks to be included in a safety inspection of a boathouse.**

**18 Give TWO check that should be carried out when checking the launch.**

**19 When checking Heel Restraints, how is the permissible range of movement for each shoe defined?**

**20 List THREE checks to include when inspecting the Gym or indoor training area.**

**Head Injuries and Concussion**

**21 Give as many symptoms of concussion that you can.**

**22 If you think that someone has concussion, give two actions you should take.**

**23 Relating to head injuries, what would cause you to Phone 999 or 112 for an ambulance?**

**24 If someone has a head injury but has no symptoms of concussion, what THREE things would you tell their friend or carer?**

**25 When is it safe for someone recovering from concussion to return to sport?**

**26 How would you treat a minor head injury? Name a pain relief you would NOT take.**

**Is it safe to go out alone?**

Clubs are expected to use their Risk Assessments to establish rules that tell their members whether a small boat outing can or cannot happen**.**

**27 Identify factors that tend to increase the probability of a hazardous event**

**28 Identify factors that tend to increase the severity of a hazardous event**

**Swimming**

**29 How would you reduce the risk of collision with someone swimming?**

**30 Why is it important that rowers can swim?**