**Repacking throw bags**

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

* Coil the rope carefully and gently push it into the bag
* Coil the rope roughly and stuff it into the bag
* Push the rope into the bag, a few centimetres at a time, starting from the end attached to the bag
* Push the rope into the bag, a few centimetres at a time, starting from the free end

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

* Leave it protruding from the bag
* Push it into the bag to keep it tidy and prevent it from snagging on something

**Radio Procedure**

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

* Hello, is there anybody there?
* Boathouse, boathouse, this is ….. (your name). Over
* …. (your name) calling boathouse, come in please

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

* Help
* Mayday
* Pan pan
* Sécurité

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

* Bye
* Over
* Out
* Over and out

**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 Which one of the following will NOT help to reduce the risk on a hot sunny day?**

* row in the early morning
* row in the evening
* drink plenty of cold drinks, especially when exercising
* wear light-coloured, loose clothing
* drink lots of beer
* sprinkle water over skin or clothes
* avoid extreme exercise

**7 Which one of the following is NOT a symptom of heat exhaustion?**

* high levels of fatigue or tiredness,
* dizziness,
* nausea or vomiting,
* chills or shivering,
* fast weak pulse,
* being hungry
* clammy cool skin,
* appearing pale,
* numbness or tingling in head, neck, back or hands
* being thirsty

**8 Which one of the following will NOT help someone with heat illness?**

* Move them to a cool place
* Get them to lie down and raise their feet slightly
* Encourage them to move around
* Get them to drink plenty of water. Sports or rehydration drinks are OK
* Cool their skin – spray or sponge them with cool water and fan them
* Use cold packs around the armpits or neck

**9 What do you do if someone with Heat Illness or heat exhaustion:- (1 correct answer)**

* 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
* Send them home
* Call 999
* Give them more to drink
* Wait and see if they get better

**10 Which one of the following is NOT a symptom of heat illness?**

* confusion/lack of mental clarity
* walking with a limp
* inability to hold a conversation
* bizarre behaviour
* hot, red skin
* fainting
* headache
* rapid strong pulse
* sweating

**11 Which one of the following will NOT help to reduce the risk of sunburn?**

* Use sun high factor sunscreen
* Wear a wide brimmed hat
* Wear a loose long sleeved shirt or top
* Tie long hair up into a bun

**Waterborne Infections and Diseases**

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

**12 Which ONE of the following will not help rowers to protect themselves:-**

* Read and understand any information on waterborne infectious agents and contamination provided by the club
* Seek urgent medical advice as soon as they think that they may have any relevant symptoms
* Inform the club if they have contracted a disease associated with a waterborne cause so that others can be encouraged to take greater precautions
* Keep away from other people who have contracted a waterborne disease
* Cover all cuts or grazes with waterproof dressings
* Wash or shower after any significant contact with water from the river, lake, canal, etc
* Never drink water from sources such as rivers, lakes, canals etc.
* Wash hands thoroughly before eating or drinking.
* Clean open wounds, such as blisters or calf abrasions with an anti-bacterial substance.
* Wear suitable footwear when launching or recovering a boat,

Note Please remember that Sepsis and Weil’s disease are rare in the UK but that they can both develop into life-threatening and lifechanging conditions.

**13 Which ONE of the following is not a symptom of Sepsis:-**

* acting confused, slurred speech or not making sense
* blue, pale or blotchy skin, lips or tongue
* a rash that does not fade when you roll a glass over it, the same as [meningitis](https://www.nhs.uk/conditions/meningitis/)
* difficulty breathing, breathlessness or breathing very fast
* Euphoria, feeling excessively well
* feeling very unwell or like there's something seriously wrong
* not urinating for a day
* has swelling, redness or pain around a cut or wound
* has a very high or low temperature, feels hot or cold to the touch, or is shivering

**14 Which ONE of the following is not a symptom of Weil’s disease:-**

* severe headache
* chills
* muscle aches
* feeling angry
* vomiting
* Some people may not have any symptoms

**15 When do the symptoms of Weil’s disease typically develop:- (1 correct answer)**

* Within 24 hours of infection
* between 7 – 14 days after infection
* only after repeated exposure

Typically symptoms develop between 7 – 14 days after infection, although it can be as short as 2 – 3 days or as long as 30 days

**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 Which of the following does not need to be included in a safety inspection of a boathouse (select one answer only)?**

* The condition of the boats and blades
* The condition of the coaching launch and its engine
* The condition of gym equipment, (such as indoor rowing machines and weights)
* The condition of any boat trailers
* The condition of bikes, provided by the club, for use by coaches and others
* The condition and availability of Throw lines
* The condition and availability of Lifejackets
* The condition and availability of First Aid kits
* The condition and availability of Lights used on boats
* The contents of the lost property box
* The contents of Safety, and other, notice boards
* The general state of housekeeping and tidiness in the boathouse and other areas used by members
* The condition of other club facilities such as the landing stage and parking area
* The condition of gas and electrical equipment

**18 Which one of the following is there no need to examine when checking the launch?**

* Check that the motor should not start if it is in gear (unless it is a small engine that does not have selectable gears)
* Check that the motor should not start if the kill cord is not fitted
* Check that the gear selector works correctly; the motor should not slip in or out of gear
* Check that the seats are dry
* Check that the kill cord works. The motor should stop if the kill cord is removed
* Check that the outboard motor is securely fixed to the boat
* Check that there is a secondary means of propulsion, in practice this means carry paddles or oars

**19 When checking Heel Restraints, how is the permissible range of movement for each shoe defined? (1 correct answer)**

* The heel restraint should be at least 50 mm long
* The heel restraint should be at least 60 mm long
* The heel restraint should be no more than 60 mm long
* The heel restraint should be no more than 70 mm long
* The heel restraint should be no more than 50 mm long
* The heel should not be able to rise higher than the lowest fixed point of the shoe

**20 Which one of the following is there no need to include when inspecting the Gym or indoor training area,**

* Check that the gym is clean and tidy
* Check that equipment is in the correct place when it is not being used
* Check that the equipment is in good condition
* Check that materials are provided so that equipment can be kept clean
* Check that members have access to a full First Aid kit
* Check that there is a list of current first aiders displayed prominently in the gym
* Check that there is a poster displayed showing British Rowing Technique

**Head Injuries and Concussion**

**21 Which one of the following is not a symptom of concussion?**

* loss of consciousness, even for a few seconds
* amnesia (memory loss)
* persistent headaches since the injury
* changes in behaviour
* confusion
* drowsiness
* excessive thirst
* a large bruise or wound to the head or face
* vision problems
* reading or writing problems
* balance problems or difficulty walking
* loss of power in part of the body
* clear fluid leaking from the nose or ears

**22 If you think that someone has concussion then which two of the following should you do?**

* Take the casualty to nearest Accident and Emergency Department to be assessed by a Doctor
* Wait for ten minutes to see if it gets better on its own
* Do not let the casualty exercise, drive or manipulate heavy machinery. Call an ambulance if necessary
* Give the casualty an aspirin to help reduce the headache

**23 Which one of the following would NOT cause you to Phone 999 or 112 for an ambulance?**

* the casualty remains unconscious after the initial injury
* the casualty is having difficulty staying awake, speaking or understanding what people are saying
* the casualty complains that he is cold
* the casualty has problems with their vision
* the casualty is having a seizure or fit
* the casualty has been vomiting since the injury
* the casualty is bleeding from one or both ears or bruising behind their ears

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

* Nothing as this is covered by medical confidentiality
* keep an eye on the casualty for the next 24 hours
* stay within easy reach of a telephone (avoid areas with poor mobile phone coverage)
* if any symptoms appear or their condition deteriorates seek medical advice immediately

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

* As soon as the casualty feels ready to return
* All sport should be avoided for 7 – 10 days or longer if the concussion is severe.

Exercising when suffering from concussion can make the condition worse. Head injuries sustained outside rowing should be reported to the coach. If in any doubt seek healthcare professional advice and follow it.

**26 Which one of the following would you NOT do to treat a minor head injury**

* hold an ice pack (or a bag of frozen peas in a tea towel) to the injury regularly for short periods in the first few days to bring down any swelling
* rest and avoid stress – you do not need to stay awake if you're tired
* take [paracetamol](https://beta.nhs.uk/medicines/paracetamol-for-adults) or [ibuprofen](https://www.nhs.uk/medicines/ibuprofen-for-adults/) to relieve pain or a headache
* take aspirin to relieve pain or a headache
* make sure an adult stays with you or your child for at least the first 24 hours – call 111 for advice if there's nobody who can stay with you

**Do not use aspirin** as it could cause the injury to bleed

**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 Which one of the following is NOT a factor that tends to increase the probability of a hazardous event:-**

* The presence of other water users (boats, wash, etc.)
* The extent to which the water is exposed to the wind
* Weather (wind strength, including gusts, direction)
* Stream speed and static obstructions such as moored boats, bridges etc.
* The absence of a tow path
* The relative experience and competence of the rower

**28 Which one of the following is NOT a factor that tends to increase the severity of a hazardous event:-**

* The absence of other water users, spectators, coaches, passers-by, water-side safety equipment
* Low water temperature and deep water (cannot wade ashore)
* Areas of where there are shoals or rocks
* Large distances to the bank
* Obstructions at the water’s edge (e.g. high banks, reeds, walls, etc).

**Swimming**

**29 Which one of the following does not reduce the risk of collision with someone swimming?**

* Always keep a good lookout for swimmers both in the water and on the bank.
* Avoid passing close to the swimmers that you have seen, there may be more nearby that you have not seen.
* Warn other boats about the presence of swimmers that you have seen.
* Take care when (or avoid) passing under bridges that people may jump from.
* Shout at swimmers to let them know that you are approaching
* Identify areas where people regularly swim and include this information on your circulation plan.
* Keep clear of areas where people regularly swim.

**30 Which one of the following is not a reason why is it important that rowers can swim?**

* So that they are not scared when they are in a boat that is a long way from the bank
* So that if they capsize they can stay afloat long enough to grab their boat.
* So that they can swim to the bank, perhaps with their boat
* So that if they capsize they can swim to someone else’s boat nearby.