



BARRIE ROWING CLUB

Have you completed the BRC Safety Quiz?

The Barrie Rowing Club requires all members to demonstrate their knowledge and understanding of the BRC Safety Program by completing a short quiz.

You have a few choices in how to complete and submit the quiz

1. Try the online version by clicking [HERE](#) for the quiz and [HERE](#) for the accompanying map

or

2. Print out the quiz on the next page and hand in your completed form to the Club Manager at the Boathouse

Either way you choose, you will likely need to review the BRC Safety Program which is available for download on the BRC website or in printed form at the Boathouse under the sign in desk.





BRC Pre Water Safety Quiz

Name:

1. Every member should be familiar with and shall obey all safety rule, regulations and requirements.

Circle correct answer

TRUE FALSE

2. What are the goals of the BRC Safety Program?

Select the best answer

- a. Protect lives, health & safety of club members
- b. Promote safety awareness & safe actions
- c. Eliminate hazards and unsafe action
- d. All of the above

3. Identify hazards / risks normally associated with sport of rowing?

Select all that apply

- a. Severe weather, waves and wind
- b. Collision with other boats
- c. Drowning
- d. Carbon monoxide poisoning
- e. Lightning

4. What is the emergency stop call for all rowing shells?

Select the best answer

- a. Let it run
- b. Hold water
- c. Whoa
- d. All hands on deck

5. When your crew boat is swamped or has capsized during a practice session with a coach boat you must do the following:

Select the best answer

- a. Climb onto the shell and wait for help
- b. Use the oars as floatation devices and swim for shore
- c. Drape arms over the shell, keeping as much of your body out of the water as possible and hold onto another rower or a rigger
- d. Swim under the boat and flip it back over
- e. Swim shell to shore empty it and get back in

6. Before going out on the water, responsibilities of the athletes are:

Select the best answer

- a. Perform proper stretching
- b. Ensure clothing is appropriate for the season, weather and light conditions
- c. Ensure drinking water is available
- d. Carefully inspect all equipment
- e. All of the above

7. When two shells are passing one another in opposite directions, they are to pass,
Select the best answer
- Port to starboard
 - Starboard to starboard
 - Port to port
 - Bow to fo'c'sle or forecastle
8. How long do you wait after lightning is observed over Kempenfelt Bay or the immediate vicinity, before taking a shell on the water?
Select the best answer
- 10 min
 - 60 min
 - 30 min
 - Until next day
9. The Coach / Safety Boat shall be equipped with:
Select all that apply
- Sufficient PFDs for all rowers under their care
 - First aid kit, whistle or air horn
 - Warm clothes, athlete's cell phones and water for all rowers
 - Bailer or pump
10. What is the required action when you hear the following air horn signal sounds,
One Blast _____ Two Blasts _____ Three Blasts _____
- Boat in Distress
 - Move close to shore and wait for instructions
 - Return to dock
11. What is the maximum distance from shore for any rowing shell on Kempenfelt Bay, even when accompanied by a safety boat.
- 1 km
 - 10m
 - 250m
 - 100m
12. To avoid collisions with obstacles or other boats on the water a rower needs to wear a _____ and / or look every _____ strokes behind them.

13. When launching from the BRC Dock rowing shells must head in,

Select the best answer

- a. A westerly direction
- b. Any direction they wish
- c. An easterly direction
- d. A southerly direction

14. Cold Water Restrictions are considered to be in effect from

Select all that apply

- a. When the air temperature is below 15 degrees
- b. When rain or high winds are present
- c. October 15 to June 14
- d. Any time the Club Manager or Head Coach says so

15. When docking, rowing shells must approach from the east

Circle the best answer

TRUE FALSE

16. Returning (docking) shells have priority over launching shells

Circle the best answer

TRUE FALSE

17. When rowing club boats without a coach boat the buddy system must be used

Circle the best answer

TRUE FALSE

18. When rowing without a coach boat all rowing shells must carry PFDs for each rower and coxie, as well as a safety kit

Circle the best answer

TRUE FALSE

19. A safety kit consists of a bailer, a throwing line, a whistle and a waterproof flashlight (if out after dark or before sunrise)

Circle the best answer

TRUE FALSE

20. During cold water conditions a submersed body will lose body heat,

Select the best answer

- a. Slowly
- b. Quickly after a ten minute delay called Roisenfruzen
- b. Rapidly
- c. In relation to the size of the rowing shell

21. When a rowing shell that you are in becomes submerged or tips, the recommended course of action is to abandon the shell and swim for shore

Circle the best answer

TRUE FALSE

22. Only coxies approved by the BRC Head Coach may sign out coxed shells.

Circle the best answer

TRUE FALSE

23. Place the identifying number next to the hazard or safe landing area

- a. Minet's Point Beach _____
- b. Tiffin Boat Launch _____
- c. Barrie Marina _____
- d. Transient Boaters Slips _____
- e. Rotary Fountain _____
- f. Fish & Waterfowl Lagoon _____
- g. Johnson's Beach _____
- h. Barrie Rowing Club _____
- i. Tyndale Park Beach _____
- j. Brentwood Marina _____
- k. Swimming Raft _____
- l. Water Ski Course _____
- m. Hooters' Beach _____
- n. Centennial Park Beach _____



Score _____ Reviewed by : _____ Date: _____

Distribution: Member File; Safety Director



Score _____ Reviewed by : _____ Date: _____

Distribution: Member File; Safety Director