



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](#).

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 Annual Member Safety Quiz

Name:

- Every member should be familiar with and shall obey all safety rule, regulations and requirements.
Circle correct answer TRUE FALSE
- What are the goals of the BRC Safety Program?
Select the best answer
 - Protect lives, health & safety of club members
 - Promote safety awareness & safe actions
 - Eliminate hazards and unsafe action
 - All of the above
- Which hazard / risk is not normally associated with sport of rowing?
Select all that apply
 - Severe weather, waves and wind
 - Collision with other boats
 - Drowning
 - Carbon monoxide poisoning
 - Lightning
- The two most serious hazards associated with the sport of rowing are _____ and _____.
- What is the emergency stop call for all rowing shells?
Select the best answer
 - Let it run
 - Hold water
 - Whoa
 - All hands on deck
- 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
 - Climb onto the shell and hope it doesn't break in half, wait for help
 - Use the oars as floatation devices and swim for shore
 - Drape arms over the shell and hold onto another rower or a rigger
 - Swim under the boat and flip it back over
 - Swim shell to shore empty it and get back in

7. 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

8. When two shells are passing one another in the opposite direction, while following the Navigation Pattern, they are to pass,

Select the best answer

- a. Port to starboard
- b. Starboard to starboard
- c. Port to port
- d. Bow to fo'c'sle or forecastle

9. 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

- a. 10 min
- b. 60 min
- c. 30 min
- d. Until next day

10. The Coach / Safety Boat shall be equipped with:

Select all that apply

- a. Sufficient PFDs for all rowers under their care
- b. First aid kit, whistle or air horn
- c. Warm clothes and water for all rowers
- d. Bailer or pump

11. What is the required action when you hear the following air horn signal sounds,

One Blast _____

Two Blasts _____

Three Blasts _____

- a. Boat in Distress
- b. Move close to shore and wait for instructions
- c. Return to dock

12. 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
13. To avoid collisions with obstacles or other boats on the water a rower needs to wear a _____ and / or look every _____ strokes behind them.
14. When launching from the BRC Dock rowing shells must head in,
Select the best answer
- A westerly direction
 - Any direction they wish
 - An easterly direction
 - A southerly direction
15. Cold Water Restrictions are considered to be in effect from
Select all that apply
- When the air temperature is below 15 degrees
 - When rain or high winds are present
 - October 15 to June 14
 - Any time the Head Coach or Club Manager says so
16. When docking, rowing shells must approach from the east
Circle the best answer TRUE FALSE
17. Returning (docking) shells have priority over launching shells
Circle the best answer TRUE FALSE
18. When rowing club boats without a coach boat the buddy system must be used
Circle the best answer TRUE FALSE
19. 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
20. 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

21. During cold weather conditions a submersed body will lose body heat,
Select the best answer
- a. Slowly
 - b. In an inverse relationship with the air temperature
 - b. Rapidly
 - c. In relation to the size of the rowing shell
22. 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
23. How many safe landing areas are available on the North Shore according to the map.
- a. One
 - b. None
 - c. Two
 - d. Three
24. If you are rowing East of Brentwood Marina and require a safe landing area, which is the closest location identified on the map.
- a. There are no Safe Landing Areas east of Brentwood Marina
 - b. Barrie Rowing Club
 - c. Tyndale Park Beach
 - d. Johnson's Beach
25. How many hazards are identified on the West Shore of the map?
- a. None
 - b. Four, not including the waterfowl lagoon
 - c. Six
 - d. It is not safe to row on the West Shore
26. Tiffin Street boat launch is considered a potential hazard because
- a. There are numerous geese in the area
 - b. Kempenfelt Kelly has been spotted nearby
 - c. Motorized boats launching from the ramp create a risk of swamping or boat contact
 - d. Emergency crews train in the vicinity
27. All rowing shells are required to be signed out before leaving the boat bay
Circle the best answer TRUE FALSE
28. Shoes left on the dock pose a tripping hazard for other rowers
Circle the best answer TRUE FALSE

29. Coxies must be certified by the BRC Head Coach prior to signing out a boat
Circle the best answer

TRUE FALSE



Score _____ Reviewed by : _____ Date: _____

Distribution: Member File; Safety Director