



General Rowing Safety Quiz 2024

Name: _____ Date: _____ Reviewed By: _____

What are hazards/risks you can face while rowing? (Select all that apply)

- Severe weather, waves, wind
- Drowning
- Fish jumping in the boat
- Collision with other boats or debris
- Lightning

What is the emergency stop call for all rowing shells?

- "Let it run"
- "Hold water!" or "Check it down!"
- "Blades down"
- "Stop!"

When your boat is swamped or capsized you should:

- Flip the shell over, drape arms over the shell and hold onto another rower or a rigger
- Use the oars as flotation devices
- Climb onto the top of the boat and wait for rescue
- Swim under the boat and flip it over

Before you go out on the water you should, (Select all that apply)

- Wear appropriate clothing (Enough layers, bright colors, hat, socks)
- Bring a full water bottle
- Carefully inspect your boat and or seat in the boat including rigger, seat, shoes and footboard
- Know the weather conditions for the time you will be rowing
- Eat a delicious chocolate brownie
- Bring your PFD
- Sign your boat out in the club boat log

PFDs (Personal Flotation Devices) are required in Connecticut during the following time frame,

- November 30th – April 1st
- October 1st – May 31st
- October 15th – April 15th
- They are not required

When rowing without a coach all boats must have a PFD for each rower and a coxswain kit

- True False

What purpose does a bow-ball serve?

- To protect the boat during a crash
- Protect organs of rowers during a crash
- Make the end of the boat look nice
- Add a bumper to the end of the boat so you can bump it into walls

I have watched the USRowing Safety video and understand all of the topics and content it covered.

X _____ Date: _____



EMERGENCY CONTACT INFORMATION

Rower's Name	
Birth Date	
Address	
Phone	
Email	

Emergency Contact Information	
Emergency Contact Name	
Phone Number	
Relationship to Rower	
Information in case of a Medical Emergency	
Allergies	
Current Medications	
Recent Medical Issues	
Known Medical Issues	
Other	

All of the above information is confidential and will only be used in the event of an emergency. If you have any questions or concerns, please contact a Coach or the Club President.

I certify I am able to swim 50 yards unassisted and can tread water for 10 min.

X _____ Date: _____