



ORILLIA ROWING CLUB

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Orillia Rowing Club (ORC) Annual Member Safety Quiz Name:

Approved: May 13, 2019

Date Last Reviewed: February 10, 2022

1. Every member should be familiar with and shall obey all safety rules, regulations and requirements.
Circle correct answer TRUE FALSE
2. What are the goals of the ORC Safety Program?
Select the best answer
 1. Protect lives, health & safety of club members
 2. Promote safety awareness & safe actions
 3. Eliminate hazards and unsafe action
 4. All of the above
3. Which hazard / risk is not normally associated with sport of rowing?
Select all that apply
 1. Severe weather, waves and wind
 2. Collision with other boats
 3. Drowning
 4. Carbon monoxide poisoning
 5. Lightning
4. The two most serious hazards associated with the sport of rowing are _____ and _____.
5. 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
6. 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
 1. Climb onto the shell and hope it doesn't break in half, wait for help
 2. Use the oars as floatation devices and swim for shore
 3. Drape arms over the shell and hold onto another rower or a rigger
 4. Swim under the boat and flip it back over
 5. 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. Ensure clothing is appropriate for the season, weather and light conditions
 - b. Ensure drinking water is available
 - c. Carefully inspect all equipment
 - d. All of the above
8. How long do you wait after lightning is observed over the lake or the immediate vicinity, before taking a shell on the water?
Select the best answer
 1. 10 min
 2. 60 min
 3. 30 min
 4. Until next day

9. What is the required action when you hear the following air horn signal sounds?
 One Blast _____ Two Blasts _____ Three Blasts _____
Select the best answer for each signal
1. Boat in distress. Situation where safety boat is dealing with it.
 2. Go to nearest shore and wait for instructions. Tells you safety boat needs you to be safe.
 3. Return to dock immediately. Emergency is serious.
10. To avoid collisions with obstacles or other boats on the water a rower needs to wear a _____ and / or look to alternate sides behind them every _____ strokes.
11. When launching from the ORC Dock rowing shells must follow the Navigation pattern:
Select the best answer
- a. As directed by the Boathouse Manager or the Rower in Charge
 - b. Any direction they wish
12. Cold Water Restrictions are considered to be in effect from
Select all that apply
- a. When the water temperature is below 15 degrees
 - b. When rain or high winds are present
 - c. October 15 to June 14
 - d. Any time the Boathouse Manager or Rower in Charge says so
13. When rowing club racing shells without a coach boat the buddy system must be used
Circle the best answer TRUE FALSE
14. 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
15. A safety kit consists of a bailer, a throwing line, a whistle and a waterproof flashlight
Circle the best answer TRUE FALSE
16. During cold weather conditions a submersed body will lose body heat,
Select the best answer
- a. Slowly
 - b. Rapidly
 - c. In relation to the size of the rowing shell
17. 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
18. Where are the recommended safe landing areas in case of emergency?
- a. Moose Beach
 - b. Portage Bay shore
 - c. Brewery Bay shore
 - d. All of the above
19. All rowing shells are required to be signed out before leaving the boat bay
Circle the best answer TRUE FALSE
20. Shoes left on the centre of the dock pose a tripping hazard for other rowers
Circle the best answer TRUE FALSE
21. What is the proper procedure for walking with oars?
Select all that apply
- a. With both oars in one hand
 - b. With one oar in each hand
 - c. With blades in front of you

- d. With blades behind you
22. What oars do you use for your boat?
Select the best answer
- Any oars available
 - Only oars designated for your boat
23. When rowing from Couchiching Point to Heward Point, which side of the 2 green buoys must you stay on to avoid the shoal?
Select the best answer
- Side closest to the Boathouse shore
 - Side closest to the centre of the lake
24. What do you do if you notice an equipment problem with your boat or you identify something that needs maintenance?
Select all that apply
- Tell another rower
 - Enter the problem in the Maintenance Log Book in the Boathouse
 - Report it to the Boathouse Manager or Rower-in-Charge
25. When should you begin rowing from the dock?
Select the best answer
- When you are ready
 - When the coach boat is ready and running

Score: _____ Reviewed By: _____ Date: _____

Orillia Rowing Club Annual Member Safety Quiz Answers

- True
4. All of the above
4. Carbon Monoxide poisoning
- Collision and Drowning
- B. Hold water
3. Drape arms over the shell and hold onto another rower or a rigger
- D. All of the above
3. 30 minutes
- one blast #1, two blasts #2, three blasts #3
- mirror and/or look every 4-5 strokes (or more if necessary)
- A. As directed by the Boathouse Manager or the RIC
- A. When the water temp is below 15 degrees and D. Any time the Boathouse Manager or RIC says so
- True
- True
- True
- B. Rapidly
- False
- All of the above
- True
- True
- B. With one oar in each hand and C. With blades in front of you
- B. Oars designated for your boat
- A. Side closest to the Boathouse shore
- C. Report it to the Boathouse Manager or RIC
- B. When the coach boat is ready and running