

CRI Captains Test

MULTIPLE CHOICE:

1. Which weather conditions are unsafe for rowing?
 - a) Winds above 20 mph
 - b) Thunder
 - c) Lightening
 - d) Temperatures below 30 degrees
 - e) Dense fog (20' visibility or less)
 - f) All of the above

2. What should you do if you if there is a thunderstorm approaching when you are on the water?
 - a) Row full pressure at race cadence back to CRI
 - b) Row at a reasonable speed towards CRI; if you see lightening or hear thunder, land at the closest boat dock and wait out the storm.
 - c) Jump out of the boat and swim to shore
 - d) Row the boat to shore and wait crouched on the banks

3. Describe the course you must take when returning to the docks at CRI
 - a) Up to the end of the CRI docks, then spin, and take it into the docks carefully
 - b) Upstream only as far as I need to go to the area of the dock I wish to land at, then spin and land
 - c) Upstream past the motorboat ramp, then turn, row across when clear, turn downstream and approach the dock slowly and carefully
 - d) None of the above

4. Why is it important to keep out of the middle 1/3 of the river?
 - a) We leave it for the ducks and geese
 - b) The middle 1/3 is for college crews only
 - c) The middle 1/3 is considered a "gray area," and should be left for larger shells, passing crews, and power boats
 - d) It isn't important to keep out of the middle 1/3

5. You are unable to row for a few moments and a boat is gaining on you. What do you do?
- Stop right where you are, do what you need to do, and remain silent
 - Slow down and drift towards the side, trying to avoid the oncoming crew
 - Communicate loudly and clearly with the oncoming crew, making sure that they have heard you before you stop rowing, then pull to the shore side and weigh enough
6. You would like to turn and cross the river to return to the boathouse, but another boat is approaching. Which boat has the right of way, yours or the boat traveling along the river?
- I have the right of way, as long as I'm moving fast enough
 - The other boat has the right of way, any crossing or turning boats must yield to boats traveling in the regular traffic pattern
 - I have the right of way, CRI boats always have priority near the docks
 - Nobody has the right of way, we have to communicate and establish who can keep rowing and who should stop.
7. You need to stop for a moment to get a sip of water, change your rigging, wait for another sculler, or even wait for your coach. What do you do?
- Stop right where I am and yell to oncoming crews that I am stopped around the corner.
 - Stop and say nothing
 - Row out to the middle of the river where I can see all the traffic from both directions and then stop
 - Row over to shore and stop in a safe, visible place, out of the regular traffic flow and do what I need to do.
8. What is meant by "weigh enough" ?
- That you are the correct weight for the boat that you are rowing.
 - This is what rowers say instead of "yes."
 - It means "go."
 - It means "stop."

9. What are the dangers of rowing when the weather/water is too cold?
- a) Ice on the riggers is bad for the boat and the rigging
 - b) Flipping is much more dangerous—hypothermia can strike very quickly if you've become submerged in cold water and when you're wearing more layers it's harder to swim to shore
 - c) It's not good for your body: joints, muscles, and tendons get very tight when the weather is cold.
10. What of the following equipment do you need to check before every row?
- a) Riggers, foot stretchers, and top nuts.
 - b) Riggers, *all* nuts and bolts, foot stretchers, heel ties, top nut and bottom nut, oar collar, oar sleeve, and seat.
 - c) None of it, that is the boat man's responsibility.
 - d) Coaches check the boat over before every row for us.
11. Which piece of equipment is important for your escape from the boat if you flip, and should be checked before every row?
- a) Oarlock
 - b) Seat
 - c) Tight wingnuts on the foot stretcher
 - d) Heel ties
12. When you're rowing a 1x, how often should you turn your head to look for oncoming crews, surprise obstacles, the shore, bridges, and to generally maintain a steady course.
- a) Whenever it seems necessary
 - b) When I can remember, or I am told by my coach that I should look.
 - c) Every other stroke
 - d) Every 5 to 10 strokes, or more often if I am approaching a bridge or another boat.
13. Before I carry my boat down, and after I re-rack my boat at the end of my row, what important step do I have to make sure I take care of?
- a) Stretching
 - b) Making sure the coach's launch is set up
 - c) Noting the time I launch in the logbook, and the time I landed, along with my total mileage
 - d) All of the above

14. Your shell flips. What should you do?

- a) Get back in.
- b) Use the shell as a paddle board and kick yourself to more shallow water.
- c) Have a buddy assist you in stabilizing the hull so you can climb in.
- d) Swim to shore and leave the boat where it capsized.
- e) Any of A, B, or C
- f) Either A or D

TRUE OR FALSE:

- 1. You must have a functioning white stern light and red/green bow light on your boat when rowing before sunrise and after sunset.
 - a. True
 - b. False
- 2. When placing the boat in the water at the CRI dock, you should be sure to have the bow facing upstream.
 - a. True
 - b. False
- 3. On the Charles River, rowing shells always have the right of way over power boats.
 - a. True
 - b. False
- 4. Cotton makes a great fabric for rowing in cold weather.
 - a. True
 - b. False
- 5. Scullers who have passed their captain's test may take out a quad (4x) during logbook hours.
 - a. True
 - b. False
- 6. To prevent heat exhaustion: avoid rowing in the midday heat, drink fluids regularly, and try to take breaks in the shade.
 - a. True
 - b. False

WRITTEN SECTION:

- 1. Describe the traffic pattern for rowers (sculling and sweep) between the Watertown Dam and the BU Bridge. Include what arches you should use on each bridge for both directions. Mention any seasonal exceptions.

2. When might you “hold water,” and how would you do this?

3. What are the hazards that need to be considered in the area between the Watertown Dam and the BU Bridge?

4. What doubles are available to logbook scullers and when can they be used?

5. What maintenance tasks should you complete after every row? State why you would do each task.

6. What do you do if the boat that you are in suffers damage during your row?

7. Describe the traffic pattern in the Basin, all the way up to the Museum of Science and back to the BU Bridge