

## USRowing Safety Video Worksheet

---

- I. What are two examples of adverse weather conditions for rowing?
  
  
  
  
  
  
  
  
  
  
  
- II. Who is responsible for the boat and the entire rowing station?
  
  
  
  
  
  
  
  
  
  
  
- III. The shell (boat) should never go on the water without a \_\_\_\_\_?
  
  
  
  
  
  
  
  
  
  
  
- IV. List the three types of crabs.
  
  
  
  
  
  
  
  
  
  
  
- V. What "rule of thumb" should you follow if you are unsure of someone's condition?

I, \_\_\_\_\_, watched the USRowing Safety Video in its entirety on \_\_\_\_\_  
**(Name/ Signature)** **(Date)**