



First Aid

Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages.

In a medical emergency a little first aid knowledge and immediate action can save lives, especially in remote locations. This course is designed to provide a working knowledge of first aid for people using small craft and to support skippers.

It fulfils the requirements for:

- professional skippers of small craft working within 60 miles of a safe haven, including Boatmasters;
- the Senior First Aid certificate needed by offshore racers subject to ISAF's regulations on first aid training (OSR 4.08.4).

The course is recommended by the MCA and HSE.

The subjects specific to boating include:

- the recovery position in a confined space
- CPR, including the drowning protocol
- cold shock and hypothermia from immersion and/or exposure
- seasickness and dehydration
- medical assistance or advice by VHF
- helicopter rescue

We can run the course as a 1 day, 2 half days or 3 evening sessions.

We restrict numbers on each course to ensure everyone gets maximum time doing the practical exercises.

COSTS

Non members £85

RYA Club members £75

Members £50

Includes the Latest St. John Ambulance First Aid Handbook and refreshments.