



## 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.