



Elite Sailing
training and adventure

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RYA First Aid Course

Course Outline

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 one-day course is designed to provide a working knowledge of first aid for people using small craft and to support skippers of yachts and motor vessels.

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 MCA and HSE approved.
- 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

Format Options

One Day Course at Chatham (0930 to 1630)

Previous Knowledge/Experience

None.

Locations

Chatham, Kent

Age

There is no minimum or maximum age limit.

Achievement (certificate awarded and ability after the course)

RYA First Aid Course Certificate

This can be used to support applications for Yachtmaster Examinations and commercial endorsements to skipper small craft.

Syllabus

Session 1. Assessment, immediate actions and priorities within first aid. Unconsciousness and the recovery position. CPR. Drowning. Breathing difficulties.

Session 2. Failure of Circulation – Shock. Blood loss and control of bleeding. Recognition of internal bleeding. Angina and heart attack.

Session 3. Levels of response and the AVPU scale. Head injury – concussion and compression. Immersion hypothermia and cold shock. Burns, including sunburn. Exposure hypothermia/hyperthermia. Seasickness and dehydration. Diabetic emergency. Seizures.

Session 4. Fractures, including spinal injuries. First aid kits. Advice or assistance by radio. Medivac – evacuation of a casualty by helicopter.



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