



# Sea Survival Course

## Course Outline

Our RYA Sea Survival Course is specifically geared to yachtsmen (power and sail) and skippers and crew of any small craft. It meets the requirements for the commercial endorsement of RYA Certificates of Competence (Day Skipper, and Yachtmaster Coastal and Offshore) to skipper vessels subject to MCA Codes of Practice.

The RYA Sea Survival Course comprises a classroom session and then a practical session in a swimming pool. The classroom session covers survival risks including hypothermia, cold shock, vessel safety equipment operation, preparation for abandonment and search and rescue procedures. In the pool session you will experience use of a lifejacket (including firing the inflation mechanism) and drills including boarding and conduct in a liferaft. The pool is heated so its not as uncomfortable as the real thing. You will be asked to bring swimwear and also some clean clothes to wear on top (e.g. polo shirt and track suit bottoms). If you wish you can bring your own clean wet weather clothing so you can experience what that feels like.

Good planning and seamanship can keep you out of trouble and, thankfully, emergency situations are rare. But one day you might be unlucky enough to end up in the water or have to take to a liferaft. Would you know what to do to maximise your and your crew's chances of survival at sea? The RYA Sea Survival course provides all the key information you need to know concerning personal survival techniques, safety equipment and liferafts, and it gives you invaluable practical experience of deploying and boarding a liferaft. Its a course that could even save your or your crews lives.

We take great care to ensure you have a safe, enjoyable and truly comprehensive course. The course starts at 0900 and finishes at about 1600. A light lunch is included in the price.

## Format Options

One Day Course (classroom and pool session)

## Previous Knowledge/Experience

No prior experience is required. You do not have to be able to swim unaided.

## Age

There is no minimum or maximum age limit. However, children under the age of 18 will need to be accompanied by a responsible adult and younger children may need their own lifejacket. Everyone will be asked to certify their medical fitness to take part.

## Achievement (certificate awarded and ability after the course)

RYA Sea Survival Course Certificate.



***Elite Sailing***