



## **RYA FIRST AID AT SEA COURSE**

For those who don't already have their certificate, or those whose certificate is reaching its expiry date (they are valid for 3 years), St. Helier Yacht Club is running a members-only RYA First Aid course over 2 evenings.

**Dates:** Tuesday 14<sup>th</sup> and Wednesday 15<sup>th</sup> February

**Session times:** 18:00 – 21:30

**Venue:** Westward Room - St Helier Yacht Club

**Tutor:** Steve Pearl

**Cost:** £55 – Members only

In a medical emergency a little first aid knowledge and immediate action can save lives. This course is designed to provide both skippers and crew with a working knowledge of first aid for people using small craft.

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
- cold shock and hypothermia from immersion and/or exposure
- seasickness and dehydration
- medical assistance or advice by VHF
- helicopter rescue

Please contact Helen, the Club Manager, on 732229 or email [shyc@localdial.com](mailto:shyc@localdial.com) to book your place on the course. Please confirm as soon as possible as places are limited.