



The **RYA First Aid Course** aims to provide a working knowledge of First Aid at sea.

Who is this Course for?

Anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages; but specifically it fulfils the requirements for:

- 🍷 MCA vessels coded upto Cat 2 inc Boatmasters
- 🍷 Senior First Aid Certificate for Offshore Racers (See ISAF regulations OSR 4.08.4)
- 🍷 All RYA practical instructors (Dinghy, Keelboat, Power boat or Offshore)

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.

What the course includes:

- 🍷 Topics covered include: CPR and differentials for drowning, levels of response, recovery position, control of bleeding, understanding medical shock, Hypothermia, Cold Shock, head injuries, First Aid equipment on board yachts, medical advice & assistance at sea, helicopter evacuation
- 🍷 Practical assessments plus questions at the end of the course

Course Duration

- 🍷 An intensive course over 1 day or
- 🍷 It is possible to run the course over 2 or 3 evenings

Upon Completion of the Course

- 🍷 You will be awarded a the RYA First Aid Certificate valid for 3 years

Flexible Dates and Venues

- 🍷 Tell us the most suitable dates for you
- 🍷 Study in our relaxing, comfortable yet fully equipped classroom or, if you prefer, discuss with us an alternative venue of your choice
- 🍷 Courses usually run from 0900 – 1700 ... again this is flexible

What's included

- 🍷 Experienced Yachtmaster Instructor and RYA First Aid Instructor
- 🍷 Latest edition of First Aid manual
- 🍷 Low Instructor : Student ratio (Max 1 :6)
- 🍷 Relaxed instruction in comfortable surroundings
- 🍷 Light refreshments
- 🍷 No hidden extras



Cost £85 per person

If you would prefer the course to be at a venue away from Formby we may need to charge travel expenses

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Monkey's Fist
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