



**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 on inland waters or upto 60 miles offshore; but specifically it fulfils the requirements for:

- 🍷 MCA vessels coded upto Cat 2 incl 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)

### **What the course includes:**

- 🍷 Topics covered include: CPR and differentials for drowning, plus training with an Automated External Defibrillator (AED) and how to include the AED into the CPR protocols; levels of response; recovery position; understanding medical shock; control of bleeding (including catastrophic bleeding); Cold Shock & Hypothermia; head injuries; First Aid equipment on board yachts, medical advice & assistance at sea, helicopter evacuation

### **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
- 🍷 Venue of your choice
- 🍷 Courses usually run from 0900 – 1700 ... again this is flexible

### **What's included**

- 🍷 Experienced RYA First Aid Instructor
- 🍷 Experienced Yachtmaster Instructor
- 🍷 Latest edition of RYA First Aid manual
- 🍷 Relaxed instruction
- 🍷 Light refreshments
- 🍷 No hidden extras



**Price:** See website (discounts for groups over 3 persons depending on venue- POA)

If you would prefer the course to be at a venue away from Southport / Liverpool area we may need to charge travel and subsistence expenses

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