

Duration: 1 Day

Previous Experience Required: None

Course Overview: Basic First Aid procedures for small craft users with particular emphasis on CPR, drowning and hypothermia

[Click here to view full course syllabus](#)

Cost: £110

It's the middle of the night and you are halfway across the channel when one of your crew suddenly collapses. Would you know what to do?

The RYA First Aid course is designed to teach you exactly what to do in these situations. From the minor ailments such as headaches, sunburn and small lesions through to the immediate response to serious medical emergencies. This course covers the situations that a yachtsman is likely to encounter. There is particular emphasis on resuscitation techniques and the "first care" of a man overboard victim. Your instructor will explain the procedures for obtaining outside medical assistance such as "pan pan" and the helicopter rescue service and can advise you on the correct first aid stores for your own boat. Our instructors all have experience of the particular difficulties of administering first aid within the confines of a small boat away from land and you will have the chance to try actions such as CPR and the recovery position both in the classroom and on a yacht.

This course is a must for all who sail, and skippers should encourage their crews to attend. Remember it may be you who needs attention! At the completion of the course you will be issued with the RYA Small Craft First Aid Certificate. This certificate is valid for 3 years from the time of issue and is a prerequisite for those taking the Coastal Skipper / Yachtmaster Offshore Examinations.

[Click here to read an article written by a member of staff from World Cruising Club who attended the 1st Aid, Sea Survival and ISAF courses](#)

Itinerary: 0900 until approximately 1700

What's Included: All course materials including a comprehensive Red Cross First Aid manual to take away. Morning and afternoon tea

Support Courses: [RYA Sea Survival Course](#) , [RYA/ISAF Offshore Safety Course](#), [VHF Radio Course](#)

Course Dates: Please note that if the dates listed are not suitable for you or you wish to have a course run at a location of your choice we are happy to arrange bespoke courses. Please call us if you would like more information about these options

Course Dates and Online Booking

Telephone Bookings or Enquiries 023 8045 2668

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