

RYA First Aid Course

Location:- Twickenham Yacht Club Riverside Twickenham TW1 3DL

Dates:-

Time:- 9.30am – 5.30pm

Cost:- On application includes revised 9th Edition First Aid Manual (Mandatory requirement)

Tea, coffee and squash are included. Bring your own packed lunch.

Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages.

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.

It fulfils the requirements for:

All RYA instructor course pre requisite

Professional skippers of small craft working within 60 miles of a safe haven, including Boatmasters;

The course is recommended by the MCA.

The subjects specific to boating include:

- the recovery position in a confined space
- CPR, including the drowning protocol
- Cold shock and hypothermia from immersion and/or exposure
- seasickness and dehydration
- medical assistance or advice by VHF
- helicopter rescue
- Category 'C' First Aid Kit

Please wear appropriate clothing for taking part in practical activities on the floor.

Please make the trainer aware if you have any restrictions to your mobility (in confidence)

There will be a short multiple choice test.

Sue Searle - RYA First Aid Trainer