

# RYA TRAINING: Shore based courses



## RYA BASIC SEA SURVIVAL COURSE SYLLABUS

Do you know how to use the life safety equipment on your yacht?

Do not wait until an emergency. The experience gained by attending the one day RYA Sea Survival course is invaluable and may one day help save the life of a crew member as well as your own.

**Pre-course knowledge:** None

**Pre-course study:** None

**Duration:** 1 day

### SECTION A: TOPICS COVERED

Preparation for Sea Survival  
Lifejackets and Liferafts  
Principles of survival both in cold and hot water  
Types of lifejacket  
Correct launch procedure for an inflatable liferaft  
Board a liferaft 'wet and dry'.  
Correct method for righting a capsized liferaft  
Basic first aid treatment.  
General arrangements for search and rescue.

### SECTION B: WHAT TO BRING

Items to bring when attending course:  
Change of clothes (one set will get wet).  
SOLAS approved life jacket

### SECTION C: YOU WILL LEARN...

How to fire flares, send a Mayday & activate an EPIRB  
How to deploy a liferaft.  
How to righten a capsized liferaft. How to survive in a liferaft.  
Basic first aid treatment. Rescue techniques by helicopter, lifeboat and ship.

### SECTION D: SWIMMING POOL

A part of the course will be spent in the swimming pool & students are encouraged to bring along their own wet gear and life jacket so they can experience first hand getting into a liferaft dressed in their sailing gear.

On completion of the course you will be given an RYA Sea Survival certificate.