



## **NEWHAVEN & SEAFORD SAILING CLUB**

### **RYA First Aid Courses 2022**

#### **Description**

The one-day RYA First Aid At Sea Course covers all the basic first aid subjects, but focuses on those operating on yachts and boats with various situations looked at from a boating perspective.

The course is recommended by both the MCA and HSE and is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or channel passages.

In a medical emergency a little first aid knowledge and the ability to quickly administer effective first aid can and does save lives. This is especially true for those who may find themselves in a situation in a remote location.

The course is designed to provide a working knowledge of first aid for people using small craft and to support skippers and as a pre-requisite for instructors on RYA schemes.

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, summoning medical assistance or advice by VHF, and helicopter rescue procedures.

At the end of the day the trainee will have a good knowledge of first aid requirements on and off the water, and is intended for RYA instructors as part of their instructional qualifications, safety boat helms and crew and those helping with on-water safety.

The trainee will have ongoing assessment, and when successful, an RYA certificate will be awarded. If the RYA standards are not met, an action plan will be agreed.

Included in the cost is the RYA First Aid Manual and the Certificate. This expires after three years and should be re-validated after attending another course.

## Dates

Three courses are offered:

Saturday 29<sup>th</sup> January 9.00 to 4.30

Sunday 6<sup>th</sup> March 9.00 to 4.30

Saturday 15<sup>th</sup> October 9.00 to 4.30

## Fees

£85 for non-members and £70 for members.

Payment is for the whole course and there are no refunds for non-attendance.

## Location

Piddinghoe Lake, Piddinghoe, BN9 9AF.

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On the main C7 road between Newhaven and Lewes there are sign-posted roads into Piddinghoe at the north and south ends of the village. Take the road into the village at the southern end. At a sharp left-hand bend, with a bus shelter opposite you, turn right down a dirt track. We are at the end of that track, with free parking.

## Joining Instructions

Bring your own refreshments. The Club facilities include free car parking, changing rooms with toilet and showers and Galley for hot drinks.

Valuables, phones etc, should be left locked in your car. Please ask if you have any queries, and most importantly, enjoy yourself.

If you have a problem on the day, tel Simon Suter on 07738 064009 or email enquiries to [trainingnssc@nssc.org.uk](mailto:trainingnssc@nssc.org.uk).