

ISAF Offshore Safety Course

Required for Fastnet participants and advised for all offshore sailing. Meets ISAF Offshore special regulation training (Appendix G) standards

Duration: 3 days

- First Aid Day
- Sea Survival Day
- Offshore Safety Day

Location: ONDECK Sailing Classroom, Royal Clarence Yard, Gosport.

No of students: 10:1

Previous experience required: Competent Crew or equivalent

The ISAF Offshore Safety Course is designed not just for racers but for anyone going offshore, away from where help can reach you quickly. It arms you with the knowledge needed so that you can deal with emergencies efficiently, saving boats and lives. It is a well proven fact that, in the event of an emergency at sea, people who have received training are more likely to survive. Disasters at sea like the Sidney Hobart Race and the Fastnet Race are harsh reminders that serious incidents can happen to even the most experienced yachtsmen and you need to know what to do to help your survival.

Day 1 – RYA First Aid Course

The one-day RYA First Aid course is designed for small boat users who would like the comfort of a first aider onboard. It covers all the usual ABC's and Mouth to Mouth procedures that we all need refreshing on every now and again. Typical injuries on a yacht, such as head injuries and Hypothermia, are also covered.

Day 2 – RYA Sea Survival Course

The course covers all the basics that you need to know, including preparation for survival, lifejackets, search and rescue and a practical session in a swimming pool with liferafts. Until you have to try and climb into a liferaft yourself, you do not realise how difficult it is. See how to launch the liferaft, liferaft equipment, initial actions to be taken in a liferaft, how to right it if it inflates upside down and survive the "Abandon Ship Drill"!

Day 3 – Offshore Safety Day

The Offshore Safety Day includes preparing for heavy weather, use of storm sails, assisting other vessels, communication equipment and survival sailing techniques. This will be split in two sections: the first being theory, involving classroom discussions and a real life video. The second will be the practical – this will be run through on one of our

Beneteau First 40.7s or Dehler 39s, preparing your yacht and yourself for the worst situations that could occur offshore.

If you lost someone over the side and had gear failure, would you know what to do?

If you already have a Sea Survival Certificate or a valid First Aid Certificate, you do not need to attend them again, although as refresher is always beneficial.

The ISAF Offshore Safety Course is a three day training course required for participants in the Fastnet. RORC stipulates that at least 30% of the crew must have completed ISAF training (closing date required for ISAF training to be logged is Friday 27th July 2007).

PRICES

ISAF Offshore Safety Course (all 3 Days) - £249

RYA First Aid Course £89

RYA Sea Survival Course £89

Offshore Safety Day £99

Please look at the course dates pages for availability.

We can arrange a course privately, just for your crew. Please contact the office on 01983 612642 for further details.