

CRUISING ASSOCIATION SOLENT SECTION

SUDDENLY ALONE AT SEA - PRACTICAL TRAINING DAY ON BOARD

SOUTHERN SAILING SCHOOL, FLOATING BRIDGE ROAD, SOUTHAMPTON, SO14 3FL

THURSDAY 7TH MAY 2015 MID-WEEK

DETAIL: Time 0900 to 1700

Includes: Fuel, instructor, tea/coffee etc., but not lunch - to make the most of the time we would ask attendees to bring along a packed lunch.

Attendees need to bring sensible, warm clothing and own life-jacket if wished.

Oilskins can be provided for the day if required on arrival.

ORGANISER:

Richard Maclaurin-Pratt CA Solent Hon Treas.

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COURSE CONTENT

1. LIFERAFT

- a. Practice 'manhandling' a liferaft from its stowage point on the boat and prepare for launching

2. HANDLING FLARES

- a. Handling flares from stowage, selection of appropriate flare, preparing to fire
- b. Considerations of timing and intervals, wind direction and safety

3. FIRST AID

- a. Location of First Aid kit, identifying contents
- b. Own safety considerations
- c. Boat safety
 - i. Sails – reef and hand
 - ii. Heaving to
 - iii. Anchor – dropping and scope considerations
- d. VHF calls May Day and Pan Pan Medico (see below)

4. ENGINE CONTROLS

- a. Stop/ Start
- b. In/out of gear
- c. Trailing lines
- d. Coming alongside

5. ESSENTIAL NAVIGATION

- a. Position Fixing
- b. Course to steer
- c. Sail or Motor – almost certainly motor if fuel and distance to run allows – motor sailing cone by day, lights by night

6. USE OF VHF

- a. May Day
- b. Pan Pan Medico
- c. Handheld (but range issue) v fixed station - possibly below decks

7. MOB - as realistic as possible

- a. Getting alongside
- b. Recovery onboard