

‘Suddenly Alone at Sea’ Shore-Based Training Day

About The Day:-

1. The Training Day is aimed at the weaker of a crew of two on a sailing yacht or motor boat who suddenly finds themselves alone due to MOB or accident or illness
2. The Day will be run twice:- on Saturday 7th March, and Saturday 14th March 2015 at 9.30am to 5pm
3. RYA qualified instructors at the Southern Sailing School will give instruction in 2 groups of 10
4. Course attendees will be from CA Solent Section and possibly other CA Sections and members’ crews
5. The fee for the Training Day is £35 and includes teas, coffees and light lunch-time refreshments.
6. The fee must be pre-paid with booking.
7. The Sailing School will provide any demonstration equipment.
8. The Training Day topics include:
 - a. Definitions of distress, arising from ‘suddenly alone.’
 - b. MOB - Why a person might go overboard and precautions to reduce risks
 - c. Theory of MOB procedure, getting MOB alongside, getting MOB on board – MAYDAY procedure.
 - d. How and when to get help, using flares, EPIRB & VHF Radio, hand signals, keeping calm.
 - e. Pointers on first aid
 - i. How to avoid risk to oneself and to avoid more casualties
 - ii. What kit should be on board and its stowage
 - iii. How to give basic care, recovery position, pulse & respiration and CPR
 - f. Basic boat handling skills, use of diesel engine
 - g. When and how to use engine, avoid rope round prop, stop engine when someone in water.
 - h. Some basic navigation, lay a course, reporting your position, lat & long, soundings, lee shores, safe harbours.
 - i. Use of the anchor
 - j. Taking a tow.
 - k. Correct clothing to suit conditions.
9. The last hour of the day could be a forum with all delegates for a discussion question and answer session.
10. Delegates are free to bring a packed lunch and there is a microwave for heating food items.
11. This training day could be followed by an ‘Afloat’ training session possibly May 2015.