



St. Helier Yacht Club *Est. 1903*

SOUTH PIER, ST. HELIER, JERSEY, JE2 3NB, CHANNEL ISLANDS
TEL – CLUB: 01534-721307 OFFICE: 01534-732229 EMAIL: office@shyc.je

RYA FIRST AID AT SEA COURSE

For those who don't already have their certificate, or those whose certificate is reaching its expiry date (they are valid for 3 years), St. Helier Yacht Club is running a one-day RYA First Aid course.

- Dates:** Saturday 18th April 2020
- Session times:** 09:30 – 17:30
- Venue:** Westward Room - St Helier Yacht Club
- Tutor:** Steve Pearl
- Cost:** £70

In a medical emergency a little first aid knowledge and immediate action can save lives. This course is designed to provide both skippers and crew with a working knowledge of first aid for people using small craft.

It fulfils the requirements for:

- professional skippers of small craft working within 60 miles of a safe haven, including Boatmasters;
- the Senior First Aid certificate needed by offshore racers subject to ISAF's regulations on first aid training (OSR 4.08.4).

The course is recommended by the MCA and HSE.

The subjects specific to boating include:

- the recovery position in a confined space
- CPR
- cold shock and hypothermia from immersion and/or exposure
- seasickness and dehydration
- medical assistance or advice by VHF
- helicopter rescue

Please contact Chris, the Club Manager, on 732229 or email office@shyc.je to book your place on the course. Please confirm as soon as possible as places are limited.