

RYA (Royal Yachting Association) First aid

Overview: - This course is aimed to give both dinghy, offshore sailors and power boaters the skill to provide first aid for all crew members up to 30 miles offshore and is a requirement for those who are Dinghy Instructors, Senior instructors, Powerboat instructors Coaches and those with Yacht Cruising qualifications.

Course content: -

- Role of first aider
- Incident and casualty assessment
- Care of the unconscious casualty
- CPR cardio pulmonary resuscitation
- Management of seizures
- Treatment of shock and external bleeding
- Minor injuries
- Sever bleeding
- Hypoxia and chest injuries
- Medical emergencies
- Heart attacks
- Anaphylaxis
- Head injury and stroke
- Burns and poisons
- Fractures and spinal injuries
- Hypothermia
- Seasickness
- Helicopter rescue and use of VHF radio
- Use of an AED

Course duration: - 8 contact hours over 1 day or 2 long evenings

Instructor to student ration: - 1-12



Venue: - If we are traveling to your venue then there must be enough floor space to practice the practical skills, we will provide all training facilities .

Fees: - All fees are competitively priced and depend where the course is held and number of students (minimum number is one max 12 per instructor) and all course fees include the appropriate handbook and training pack please contact the center for a quote

