

RYA (Royal Yachting Association)
First aid
Catutory C Medical stores

Overview: - This course is aimed to give both dinghy and 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 and 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 Cat C first aid kits and medication dispensing
Use of pocket mask
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 equipment.

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

