



MARINE EDUCATION

# **RYA First Aid Classroom Course Information**

**Location:** Poole, Dorset



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# Overview

The RYA First Aid course covers all the usual subjects with an addition of those from a boating perspective. It is aimed at anyone who goes afloat but also anyone looking to gain an Emergency First Aid At Work qualification.

In a medical emergency a little first aid knowledge and immediate action can save lives, especially in remote locations. This one-day course is designed to provide a working knowledge of first aid for people using small craft and to support skippers.

This is also the default first aid training required for those holding any RYA instructor qualifications or commercial endorsements. This course is designed for the specific demands of providing first aid afloat. It is also accepted by the Maritime and Coastguard Agency (MCA) for use on board small commercial vessels and by World Sailing for compliance with the Offshore Special Regulations, and covers the requirements of the Health and Safety regulations for the purposes of emergency first aid at work training.

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## Minimum Age

- 16 years

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## Course Duration

- 1 day

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## Fees Include

- A qualified and experienced RYA First Aid Instructor
- RYA First Aid Manual (1 per person)
- Relevant course materials and teaching aids including manikins, training AED etc
- Use of our classroom & facilities in Poole, Dorset

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## Who Needs an RYA First Aid Certificate?

- All RYA Instructors
- People working commercially aboard boats (i.e. people who need a CoC)
- It's recommended for anyone going afloat to hold a First Aid certificate

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## Course Content

### Practical Aspects:

- CPR
- Wound Dressing
- Bleeding Control
- Head Injuries
- Use of a training AED

### The 'Boaty Bits':

- CPR specific to drowning
- Gaining Medical Assistance via VHF radio

### Theory Aspects:

- Shock
- Hypothermia and exposure
- First Aid equipment
- Treatment for: breathing difficulties, chest pain, sea sickness, diabetic emergency, anaphylaxis, hyperthermia, fractures, seizures and burns.

### The 'Boaty Bits':

- Cold water shock
- Preparations for casualty evacuation by helicopter
- Skippers of MCA Coded vessels: Category C First Aid kits and use of a pocket mask



# Why Us?

## Training Team

- 10+ Years of experience running RYA Training
- All our RYA First Aid Instructors are friendly, accommodating and extremely experienced :)

## Course Location

- Our classroom in Romany Works, Poole
- Free Parking

## Facilities

- Tea and Coffee
- Toilet Facilities

# Private Courses

We can provide private First Aid courses for your crew, family, sailing club or just for yourself!

All you need is a dry area big enough to fit the group size.

## Course Location

- Country Wide!

## Dates

- Whenever you want!

## What's Included

- A qualified and experienced RYA First Aid instructor
- CPR manikins
- First aid kits for practice
- Scenario based training
- Relevant course materials and teaching aids
- First Aid handbooks - 1 for each student to keep
- RYA First Aid certificates for successful candidates

- Category C first aid kit & pocket mask (for Skippers of MCA coded vessels)
- Powerpoint projector (if required)

## Optional Supporting Courses

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### RYA Essential Navigation & Seamanship (Online or Classroom)

**Duration: 6-8 Hours (Online) OR 2 days (Classroom)**

To introduce you to navigation and safety awareness for new or inexperienced skippers and crew and those wanting to refresh their skills.

This course goes hand in hand with practical training such as RYA Powerboat level 2, PWC, Start Yachting and Helmsman courses.

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### RYA VHF / SRC Marine Radio (Online or Classroom)

**Duration: 4 - 8 hours (Online) 1 day (Classroom)**

The Short Range Certificate is the minimum qualification required by law to control the operation of VHF and DSC equipment on any British flagged vessel voluntarily fitted with a radio. This includes both fixed and handheld sets.

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### RYA Powerboat Level 2

**Duration: 2 days**

An introduction to driving powerboats safely at low and high speeds. You will learn the basics of handling powerboats in close quarters and in coastal conditions.

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### RYA PWC (jetski) Proficiency

**Duration: 1 day**