

First Aid Course

Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages.

Course topics:

- The recovery position in a confined space
- CPR, including drowning protocol
- Cold shock and hypothermia from immersion and/or exposure
- Sea sickness and dehydration
- Medical assistance or advice by VHF
- Helicopter rescue

Advanced first aid whilst afloat is rarely used but the ability to recognise whether a situation is serious and to look after the casualty until help arrives is a reassurance for the skipper and crew

This certificate is accepted for Coastal Skipper and Yachtmaster practical exam candidates, RYA practical instructors, and skippers of small commercial vessels up to category 2.

This course is taught over 8 hours.

Recommended books: First Aid Manual
First Aid at Sea