

## RYA Basic Sea Survival for Small Craft Course

The aim of the course is to give an understanding of how to use the safety equipment carried on small boats, including a practical session in launching and boarding a Liferaft.

The subjects covered include:

- Preparation for sea survival
  - Survival difficulties
  - Equipment available
  - Actions prior to abandonment
- Lifejackets and liferafts
  - Lifejackets: Design & construction; correct donning procedure; purpose & use of lifejackets
  - Safety harness: Purpose & use
  - Liferrafts: Stowage & containment; Types, design & construction; launching; Abandoning the vessel & boarding Liferaft; righting a capsized Liferaft; Liferaft equipment; Initial actions to be taken in a Liferaft.
- Principals of survival
  - Methods to increase chances of survival; sign, symptoms & treatment of hypothermia; symptoms, method of treatment for sunburn, heat exhaustion & sunstroke; survival routines to aid location; correct use of pyrotechnics; water rationing; dehydration & preventative measures; food rationing; sources of food.
- Survival craft ailments
- Raft management
- Search & rescue
  - Rescue by helicopter or vessel; role of HM Coastguard; UK & International SAR organisation; other services.



We can provide the following book which is the recommended companion to the course.

**Sea Survival Notes:** An excellent book for those taking the course and also those keen to know more about the subject.



Do not hesitate to call us with any questions on 01202 686666 or email us at [office@powerboattraininguk.co.uk](mailto:office@powerboattraininguk.co.uk) with questions.